

OTTAWA metro

NEWS
WORTH
SHARING.



Pot shots

PAGE 3

Transpo
Tragedy

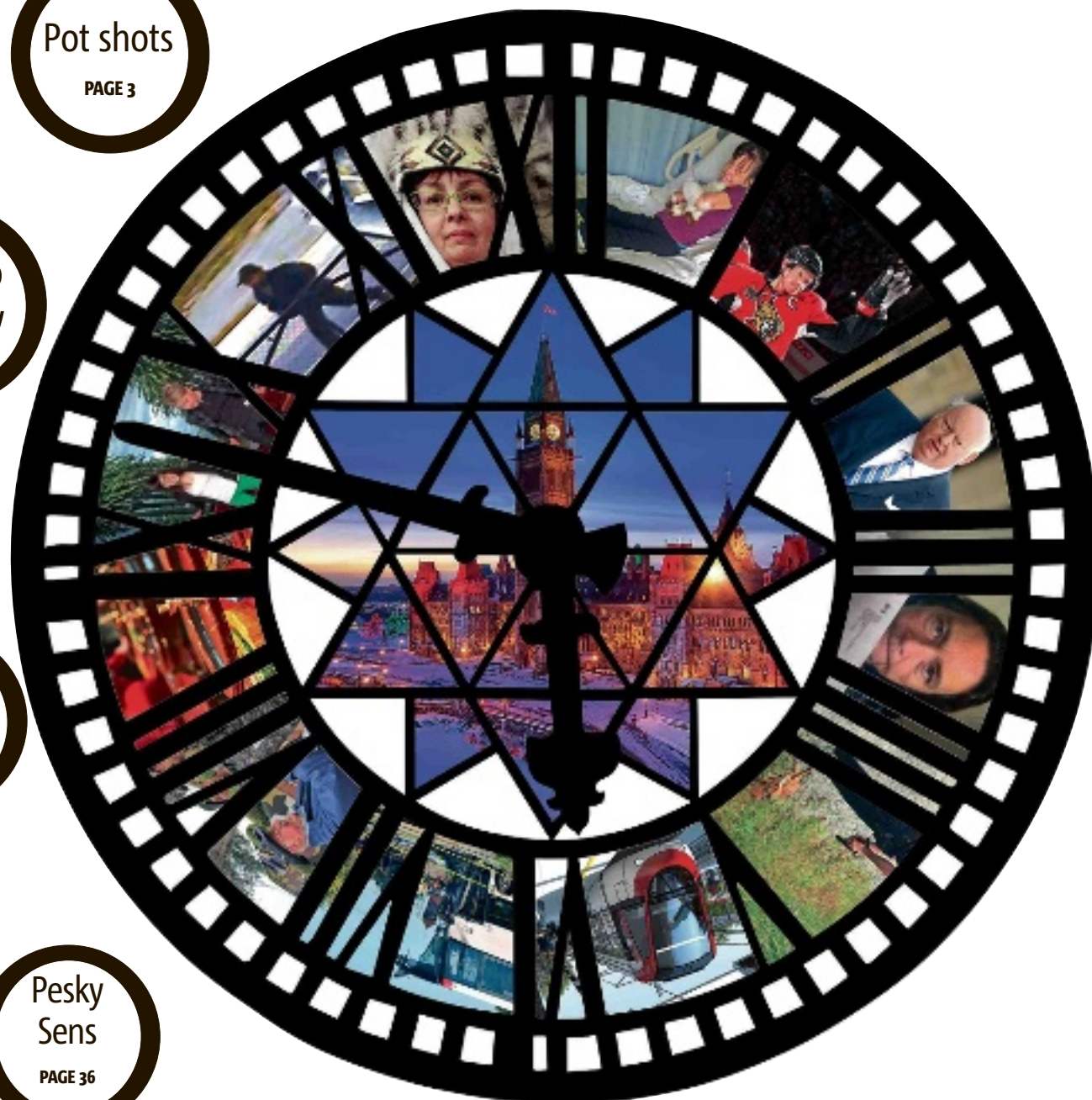
PAGE 4

Space
Oddity

PAGE 12, 24

Pesky
Sens

PAGE 36



**NO
NICKELBACK
GUARANTEE**

**LIVE
88.5fm**

2013

**Y
E
A
R
I
N
R
E
V
I
E
W**

Metro
takes a
look back
at the
stories
that
affected
us over the
last year.

SEE STORIES INSIDE

Lose weight and feel great in 2014!

BOXING WEEK SPECIAL

START YOUR GOODLIFE TODAY

NO MONEY DOWN • NO ENROLMENT

(ON A 1 YEAR MEMBERSHIP)

 YOUR **NO JUDGEMENT®** CLUB
EveryBODY Welcome Here

18 Clubs Across Ottawa
1-800-597-1FIT (1348)

**GoodLife
FITNESS.**

   goodlifefitness.com

*Based on the purchase of a 1 year membership. Bi-weekly payments will commence based on your start date. Applicable fee applies. No additional fees are required above the membership fee. Membership fees vary based on club and membership option chosen. Offer valid at participating locations only. Please check goodlifefitness.com or with club for hours of operation. Other conditions apply, see club for details.

Moores®

CLOTHING FOR MEN

BOXING WEEK

CLEARANCE EVENT

GOING ON NOW

\$149.99*

SELECT CLEARANCE SUITS
Originally \$495

\$39.99—\$49.99*

**ALL CLEARANCE
CORDUROY PANTS**
Originally \$79.99—\$99.99

60% OFF*

**SELECT CLEARANCE
OUTERWEAR**

\$99.99*

**SELECT CLEARANCE
SPORT COATS**
Originally \$299.99

\$39.99*

CLEARANCE BOYS' BLAZERS
By Joseph & Feiss
Originally \$79.99

60% OFF**

**ALL CLEARANCE SWEATERS,
HATS, GLOVES, AND SCARVES**

\$39.99*

**SELECT CLEARANCE
DESIGNER DRESS PANTS**
By Andrew Fezza, Guy Laroche,
and Louis Feraud
Originally \$149.99

\$19.99*

CLEARANCE BOYS' PANTS
By Joseph & Feiss
Originally \$39.99

60% OFF**

**SELECT CLEARANCE
DESIGNER DRESS SHIRTS**
By Guy Laroche and Jhane Barnes
Originally \$89.99

\$39.99*

**SELECT CLEARANCE POLY-WOOL
GABARDINE DRESS PANTS**
Originally \$79.99

CLEARANCE SHOES
NOW 50% OFF*
THE ORIGINAL PRICE

60% OFF**

**SELECT CLEARANCE DENIM
AND SPORT SHIRTS**

Additional restrictions apply. While supplies last. Additional charge for Big & Tall items. *Price as marked on item. **Discount taken off the original price.

To find a store near you, visit mooresclothing.com

Local

Metro Ottawa reporters look at some of the stories from 2013 that touched them personally.

Paralyzing stigma linked with medical marijuana

Mailout gaffe.
Stress makes life difficult for patients after being exposed by Health Canada



TREVOR GREENWAY
Metro reporter

Imagine what it might be like to possess a medical-marijuana licence in Canada.

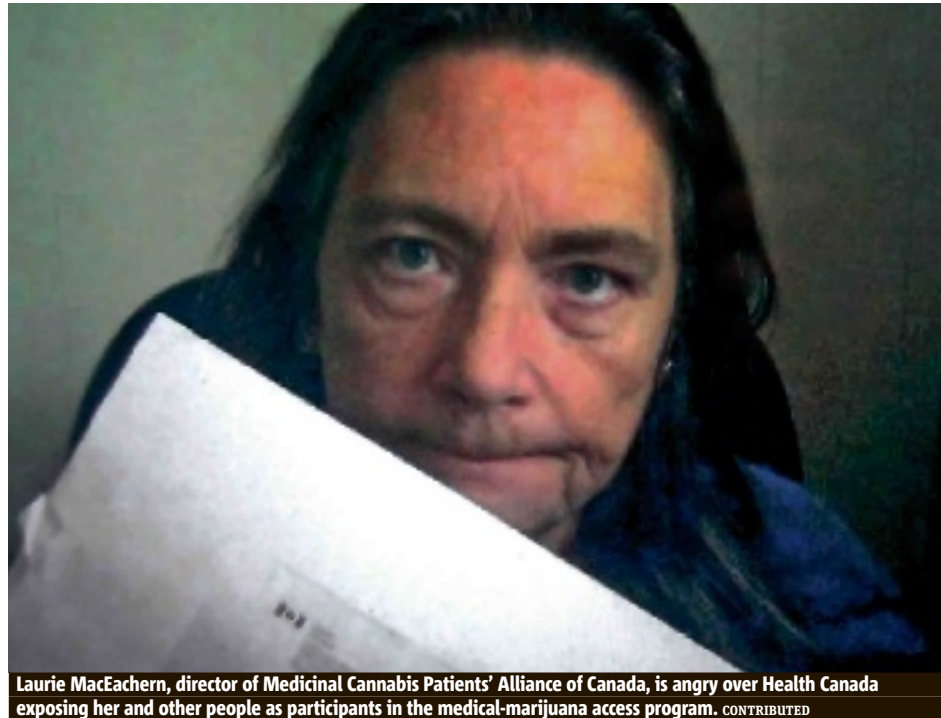
Now, take away all the junk food, video games, lounging around and other typical stereotypes that are often associated with pot use.

Add a sore back, sleeplessness, chronic pain all over your whole body, arthritis, extreme nausea and a constant headache.

When I broke the story of Health Canada exposing 40,000 medical-marijuana patients in a mailout gaffe in November, those are the stories I came across. Harrowing tales of very sick people—with everything from multiple sclerosis to terminal cancer—who spend the entirety of their days trying to manage pain.

Most were already concerned about being left without meds, as Health Canada's looming changes to its medical-marijuana access program will mean patients can no longer grow their own pot and will instead be forced to buy from commercial growers at more than 12 times the price.

So, in the aftermath of



Laurie MacEachern, director of Medicinal Cannabis Patients' Alliance of Canada, is angry over Health Canada exposing her and other people as participants in the medical-marijuana access program. CONTRIBUTED

Takeaway

The experience of reporting these stories proved to me that the stigma associated with medical marijuana can be just as paralyzing as any illness it treats.

Health Canada exposing these patients, the stress put on them is difficult to imagine.

Most of the people I spoke to reported being frowned upon or winked at by postal workers as they delivered the Health Canada package. One man who lives in a retirement home in Ontario said

the delivery person quipped, "I would sure like to be in this program."

Really? Would you? Would you like the chronic pain that comes with it? Would you really like to consume up to 100 grams of pot every day just to feel normal?

This is why the issue of medical marijuana is so im-

portant to me. Most of the patients I have spoken to aren't "potheads." They aren't junkies or drug dealers. They are sick people who have found a natural medication that seems to work.

But, on top of being sick, they have to contend with the judgment of others, all because they use a medication associated with getting high and pigging out on Doritos.

The experience of reporting these stories proved to me that the stigma associated with medical marijuana can be just as paralyzing as any illness it treats.

Readers' online selections

Vibrators and revenge:
Voted 'proudest' stories by you via our Metropolitan Panel

Canadian company wins couples-vibrator patent case

The U.S. International Trade Commission upheld a Canadian company's patent for its couples vibrator in June, banning the import, sale and marketing of infringing products in the U.S. No word on whether a Heritage Minutes commercial is pending.

THE CANADIAN PRESS



Woman sells 'stupid' ex's beautiful boat

Tired of her boyfriend flaking out, one Nepean woman posted a Kijiji ad in May, offering her ex's gently used Alberg 22 sailboat for "cheap." "Like every other good thing in his life, my stupid ex-boyfriend walked away from a beautiful sailboat, and left me to pick up the pieces," the woman wrote. **METRO**

1 NEWS

REGISTRATION: ONLINE ONLY
ottawasportplus.com
For more information: 613-220-2266

Adult Co-Ed Volleyball and Dodgeball Leagues

RECREATIONAL TO COMPETITIVE LEVELS

LEAGUES START EARLY JANUARY 2014 AND RUN THROUGH TO APRIL 2014

CHOOSE FROM MONDAY TO THURSDAY NIGHT PLAY • JOIN AS A TEAM OR INDIVIDUAL

Readers' online selections

This story of a woman left disabled resonated with readers online



Ottawa mom loses three limbs to rare illness

In May, Christine Caron, 49, was an independent single mother of four about to start training as a broker at a home- and car-insurance company.

But a single accidental bite from one of her pet dogs on May 18 resulted in an emergency trip to Montfort Hospital, followed by weeks of intense care in Ottawa Hospital for a rare case of septic shock. The cause? Capnocytophaga canimorsus—a common bacterium in the dog's saliva.

"I went from running every morning to waking up in the hospital a month and a half later," Caron said.

Caron's septic shock and resulting complications cut blood flow to her extremities, necessitating the amputation of both legs below the knee and her left arm below the elbow.

Since 1976 only about 200 septic shock cases have been caused by Capnocytophaga canimorsus.

CULLEN BIRD/FOR METRO

Metro + readers' choice

Tragedy on OC Transpo



GRAHAM LANKTREE

graham.lanktree@metronews.ca

Route 95 tragedy won't soon leave our memory

When asked to update a story that impacted me over the last year, I immediately thought of Stephen Chalmers. I interviewed him again last month.

When two ambulances whipped through the intersection of Greenbank and West Hunt Club Road the morning of Sept. 18, I could tell the accident was bad.

Would-be passengers looked on in disbelief

An inkling of what was to come hit me on the radio when I heard an OC Transpo bus collided with a VIA train as I headed to Metro's office.

My mind raced through more than 20 years of living in Ottawa to pick out a more harrowing event. Only the 1999 shooting rampage at OC Transpo's garage stood out.

At Fallowfield Station I found an orderly line of EMS and city vehicles leading to



Passengers of Via Rail Train 51 bound for Toronto are brought from the scene after their train struck an OC Transpo bus near Fallowfield Station.

GRAHAM LANKTREE/METRO

a scene of chaos, where six bus passengers were dead, including driver Dave Woodard, and 30 other people were injured.

Would-be passengers looked in disbelief from the VIA Rail platform at the train akimbo on the track. Beyond was Bus 76 with its front end torn off.

Reporters dashed right and left and climbed embankments talking frantically on cellphones to editors as cameramen pushed for a shot.

A young man named

Cedrick Gonga-Cave who dropped his mother off at the transit station at 8:40 a.m., just before the accident, was soon among us. He couldn't reach her at her desk at Place du Portage. "She's not there," he said. No one knew where she was.

Train passengers sombrely left the wreck and passed the line of reporters. More than a few had witnessed the impact.

Struck with the gravity of their faces, I text messaged one of my friends who lives in Barrhaven and commutes

through the station to find out if she was OK.

All across Ottawa, people did the same. Reaching out to those we worried about. Some never heard back.

If you meet Ottawans out in the world, even in another Canadian city, Route 95 is a reliable conversation starter — most people in the city know the route even if they haven't ridden it. We could all put ourselves in the victims' place.

Bus riders stopped by throughout the day, passing

police barriers to pay their respects.

Transit union president Craig Watson toured the site wondering what could cause a good driver just short of 10 years experience to lose control.

By evening a vigil of 150 people gathered there. The city today is still trying to make sense of the crash.

Analysis of the bus has not yet been released, but that's where the Transportation Safety Board's investigation remains focused.

CANADIAN MUSEUM OF NATURE

A CHORUS OF COLOURS Sept. 25 2013 - May 11 2014

There are frogs that hop, climb, run, swim — and even glide. One's as large as a toaster. They're all LIVE and waiting for you.

FACE TO FACE, YOU'LL BE AMAZED!



canadian museum of nature
nature
musée canadien de la nature

240 rue McLeod Street, Ottawa
613-566-4700
nature.ca

Media partner:
THE GLOBE AND MAIL*

FROGS - A CHORUS OF COLOURS was created by
Peeling Productions at Clyde Peeling's Reptiland.

Canada

Frogs





BELLEVILLE

324 North Front St.
(613) 969-0120

BROCKVILLE

2399 Parkdale Ave.
(613) 345-3161

CORNWALL

Cornwall Square
(613) 936-2083

GLOUCESTER

Gloucester City Centre
1980 Ogilvie Rd., Unit 136
(613) 842-7285

2016 Ogilvie Rd., Unit 6
(613) 746-4545

KANATA

Hazeldean Mall
(613) 271-1153

Kanata Centrum
Shopping Centre
(613) 599-9690

1261 Main St., Unit 12
(613) 836-0976

700 Eagleson Rd.
(613) 592-5098

499 Terry Fox Dr., Unit 65
(613) 595-1760

KINGSTON

Cataragui Town Centre
(613) 634-9897

Kingston Centre
(613) 546-6043

122 Princess St.
(613) 549-0315

NEPEAN

130 Riocan Ave.
(613) 823-9240

Bayshore Shopping Centre
(613) 726-7665

3777 Strandherd Dr.
(613) 823-6909

ORLEANS

2020 Lanthier Dr., Unit E2
(613) 590-0289

1675 10th Line Rd.
(613) 841-8485

OTTAWA

901 Carling Ave.
(613) 238-7533

104 Bank St.
(613) 230-0202

1465 Merivale Rd.
(613) 224-9222

205 Richmond Rd.
(613) 724-2674

1719 St. Laurent Blvd.
(613) 276-8585

2121 Carling Ave., Unit 87
(613) 798-1946

1200 St. Laurent Blvd.
Unit 248
(613) 746-8546

50 Rideau St., Unit 327C
(613) 232-4800

110 Place D'Orleans Blvd.
Unit 290
(613) 590-2237

2269 Riverside Dr., Unit 44
(613) 737-2071

690 Bank St.
(613) 668-5499

530 Montreal Rd., Unit 526
(613) 745-6800

1379-A Woodroffe Ave.
(613) 225-6007

2515 Bank St., Unit 5
(613) 739-4775

363 Bank St.
(613) 594-4555

PEMBROKE

670 Pembroke St. W
(613) 732-1602

1100 Pembroke St. E, Unit 210
(613) 732-1602

3435A Petawawa Blvd.
(613) 732-1492

OFFER ENDS DEC. 31

BOXING WEEK SALE

SAMSUNG GALAXY NOTE 3™ SAMSUNG GALAXY S4™ SAMSUNG GALAXY S4 MINI™

SAMSUNG DEVICES

STARTING FROM **\$0*** & GET **DOUBLE THE DATA**¹

ON SELECT 2-YEAR PLANS

PLUS 1 MONTH FREE SERVICE

ON SELECT 2-YEAR PLANS

CALL 1 888 ROGERS1
CLICK rogers.com/boxingweek
VISIT your local Rogers store today

LIVE LIKE NEVER BEFORE™



«WIRELESSWAVE»

WIRELESS etc...

MOBILE

FUTURE SHOP

boothwireless

BEST BUY

CELLULAR POINT

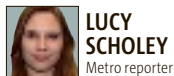
THE MOBILE SHOP

Exclusively where President's Choice products are sold.

BATTERIES BY gadgets

Offers available for a limited time and subject to change without notice. A connection fee of \$15 per line also applies (to first invoice, applicable to new line/device only) to activate your service on the Rogers network. Device Savings Recovery Fee and/or Service Deactivation Fee (as applicable) apply in accordance with your service agreement. FLEXtab balance corresponds to the sum of the Device Savings Recovery Fee and the Additional Device Savings Recovery Fee. Where applicable, additional airtime, data, long distance, roaming, options and taxes are extra and billed monthly. *Offer ends Jan. 9/14. Samsung GS4 Mini \$0 after applicable discount (not exceeding device purchase price) with new activation of a primary line on any 2-yr. talk, text and internet plan or secondary line on any 2-yr. talk, text and internet plan having min. \$45 monthly service fee. See in-store for pricing of other eligible Samsung devices (discounted pricing requires new activation on any 2-yr. Smartphone talk, text and internet plan having min. \$60 MSF on primary line or min. \$55 MSF on secondary line). 1 Offer ends Jan. 9/14. Available to new and existing customers with new activation or upgrade on any Share Everything Plan with a monthly or 2-yr. term. 2 Applicable to new customers only from Dec. 26 – Dec. 31/13 with purchase and activation of a new Smartphone primary line (Smart Pick and bring your own devices excluded, secondary lines excluded) on a Share Everything plan having min. \$70 monthly service fee on a 2-yr. term. Free service applies to monthly service fee only (excludes additional airtime, data, long distance, roaming, options, additional features and taxes). Device Saving Recovery Fee and/or Service Deactivation Fee (as applicable) apply in accordance with your service agreement. See in-store for full details. TM © 2013 Rogers Communications.

Rural beat. Don't knock petting-a- goat stories



LUCY
SCHOLEY
Metro reporter

Smear campaigns, attack ads and WikiLeaks documents do not usually come to mind when I think of rural municipal elections.

But those were the words that popped up in the stories I covered for The Low Down to Hull and Back News in Wakefield, Que., during the municipal campaign leading up to the Nov. 3 election.

Having spent three years reporting for the western Quebec weekly newspaper, I had covered provincial and federal elections. But Chelsea, Que. — a rural community on the brink of controversial developments — was a whole new game.

I reported on Facebook attack ads and a WikiLeaks document detailing the incumbent mayors' expenses.

Quebec's election website was slow to publish Chelsea's results so I was fortunate to have the first scoop. Voters turned to my Twitter feed and asked me to update them on their own districts. It's that type of engagement with readers that I find exciting and rewarding.

That experience primed me for the digital reporting job at Metro Ottawa.

I just joined the Metro team mid-December, so at the time of writing this I have yet to cover a story here that's had the same impact. Don't get me wrong: petting a baby goat and writing about transit hikes were still fun stories, but I'm looking forward to having even grander adventures here in the new year.



Canadian veteran John Stuber receives a hug from Pastor Won Seong-Jae April 26 as dozens of people greeted Korean War veterans at the Busan train station in South Korea. Reporter Joe Lofaro travelled with veterans to mark the 60th anniversary of the armistice. JOE LOFARO/METRO

Old wounds tell tale of Canada's war heroes

Impactful. Metro reporter travelled with Canadian war vets to South Korea



JOE
LOFARO
Metro reporter

It had ended like any other workday. I was walking on Slater Street to my car after finishing a shift at Metro, except this day a man stopped me on the sidewalk. It was the press secretary of Steven Blaney, then the minister of

Veterans Affairs.

We exchanged friendly hellos and then he asked me out of the blue, "Hey, does Metro send reporters on government-sponsored trips?"

Good question, I thought. When asked why, he asked if I was interested in going to South Korea to report on a delegation of 36 Korean War veterans from Canada who were going back to mark the 60th anniversary of the armistice.

Well, fast-forward two weeks later, and I was on a plane headed to Asia just as North Korea was threatening for the umpteenth time to

obliterate the South.

But that posturing didn't concern veterans like Frank Bayne one bit. After all, he'd have to be pretty lion-hearted to enlist in the war in 1953 in his early 20s.

I couldn't imagine going to war at that age, or at any age for that matter. Yet these brave, selfless men left everything behind to fight someone else's war, in a country they knew very little about.

Sitting on a tour bus to and from our hotel with veterans like John Stuber, Romeo Daley, Joel Beaman and Bayne put their sacrifices into perspective in a way a

high school textbook simply cannot.

"I lost some really good friends," Beaman told me after leaving the Canadian Korean War Monument in Gapyeong on April 24.

In my interviews I felt, at times, that I was opening up old wounds by asking questions about the war. But at the same time, I was reassured. Telling their stories ensures they will not be forgotten.

I left South Korea with a deep appreciation for veterans that I probably never would have had were it not for meeting them.

Readers' online selections

Dashcam and deadly crash: Voted most impactful

Bus driver let go after being caught driving on sidewalk

A man caught on a dashcam driving his empty First Student school bus over a sidewalk in October at the intersection of Merivale and Hunt Club roads was dropped by the company. Driving instructor Keith Marien videotaped the driver of bus No. 130809 driving aggressively, taking a shortcut through the busy intersection, using the designated bike lane and then the sidewalk.

METRO



Brockville teen dies in Sept. crash

Sixteen-year-old Aaron Stevenson was struck and killed in September on County Road 2 near Irace Drive, between Brockville and Maitland. He was taken to hospital where he was pronounced dead. Two men were placed in custody following the hit-and-run crash that killed Stevenson. METRO



Google Nexus 5

OUR ULTIMATE UNLIMITED PLAN

TRUE UNLIMITED DATA,
CANADA-WIDE TALK,
GLOBAL TEXT & VOICEMAIL+

\$39/month

OFFER
ENDS SOON

WIND
true mobile freedom™



EVERY PIECE OF FURNITURE ON SALE
BOXING WEEK EVENT!

HOME FURNITURE FOR YOUR SPACE | STYLE | BUDGET



Only at | *THE Upper Room*
— home furnishings —

2670 QUEENSVIEW DRIVE | UpperRoomHome.ca

Digital

Metro's digital team takes a look back at 2013 and shares some of their most memorable stories.

Reddit reader restores our faith in humanity

Warm fuzzies.

It turns out stories of kindness aren't as rare in the online world as we might think



ANDREW
FIFIELD
Metro web editor

Internet chatter is often maligned as a squalid cesspool of anonymous viciousness.

The maligners are correct. We see what you write. You

monsters.

The maligners are also wrong.

The web is populated by millions, and the loudest voices aren't always the most accurate representation.

According to a study of the New York Times web-

site, readers are much more likely to share and comment on stories thick with warm fuzzies.

This year, our experience with a trans-Atlantic solid, done anonymously, fits snugly among those findings.

Last March, Andrew

Bourke took to Reddit (speaking of maligned) with a moonshot request: For somebody who lives in Dublin to swill a St. Patrick's Day pint at the grave of his great uncle, who died more than 50 years before Bourke was born.

A short time later, a user named elmoslats replied with a simple "It was a bitch to find. Bought some flowers," linking to photos of the grave, newly festooned with flowers.

For his part, Bourke told us, "I honestly cried."

Best Prices in Town

| | | | |
|------------------------------------------------|------------------------------------------------------------|---------------------------------------------------------|------------------------------------------------|
| BUD LIGHT Coors LIGHT 60 CANS \$59.99 | SLEEMAN LIGHT 60 CANS \$59.18 | SLEEMAN 12 CANS \$12.99 | BUD LIGHT SLEEK CANS 30 CANS \$25.99 |
| SLEEMAN LIGHT 24 CANS \$23.99 | SLEEMAN LIGHT CLEAR BOTTLES 24 BOTTLES \$22.73 | SLEEMAN ORIGINAL DRAUGHT 24 BOTTLES \$24.99 | BUD LIGHT Coors LIGHT 48 CANS \$43.49 |
| 24 CANS \$25.99 | 24 BOTTLES \$26.49 | 24 BOTTLES \$26.99 | 24 BOTTLES \$23.99 |
| 24 BOTTLES \$25.99 | 24 BOTTLES \$27.99 | 30 CANS \$32.99 | 30 CANS \$32.99 |
| 2 FOR \$50.00 | | | |

MANY MORE HOT PRICES IN STORE!

DÉPANNEUR JOHN

Aylmer Sector (Gatineau) • 54 Vanier (next to Deschênes Hotel) • 819-684-9276

5 MINUTES FROM RIVER PARKWAY
Cross Champlain Bridge,
Turn left at first light - Boul. Lucerne,
then left on Ch. Vanier

*Prices are subject to change. Prices valid from Dec 6, 2013 to Jan 2, 2014 while quantities last. Deposit and taxes extra. EXTRA DISCOUNTS ON BIGGER QUANTITIES!

Couch to 42K. How a fair-weather runner became a marathoner



HANNAH
ZITNER
Metro web editor

While I've always been a fair-weather runner, I never wanted to run a marathon. Running 42.2 kilometres just seemed like too much running. But when deputy editor Fernando Carneiro came around shouting, like a newsy selling papers, "Who wants to run a marathon?" something changed. Maybe it was the competitive teenager in me coming out, or maybe I just felt bad for the over-ambitious guy, but I agreed.

And the Couch to 42K blog was born.

For the next 18 weeks, we ran, we wrote and we even made a few (un-publishable) videos. The blog gave us all (four in total) something to think about while we sweated through those 50 to 70 kms per week.

Batman

Throughout the 18 weeks of training, I had the honour of running with Dark Knight Runner, aka JP Hernandez — a dedicated athlete who ran the Scotiabank Toronto Waterfront Marathon dressed as Batman to raise money for Sick Kids hospital.

Being the best at exercise

Co-runner/writer Liz Brown caused a wee stir after writing a blog post saying runners were just "trying to be the best at exercise" because "anyone can do it." People (well, running people) weren't happy.

Chest conferences

The most popular post on the blog turned out to be the one about my chest. It turns out that's what happens when you put boobs in a headline. After reaching out to ladies for bra suggestions, I began regularly receiving emails (and being accosted in the office washroom) from chesty ladies about how to control their bits.



HALEY ZITNER/METRO

SATURDAY, DECEMBER 28 ONLY!

20X

THE SHOPPERS OPTIMUM POINTS®

WHEN YOU
SPEND \$50 OR
MORE† ON ALMOST
ANYTHING IN
THE STORE.

FREE
feels good™



PLUS

1 DAY
SALE

These SATURDAY ONLY Specials - December 28

3.99
EACH

12 = 24 ROLLS



ROYALE
BATHROOM TISSUE 9 Roll - 12 Roll
Selected Types
Limit 4. After limit 4.99
Rest of Week 4.99

4.49
EACH



BOUNCE FABRIC SHEETS (70's),
DOWNY LIQUID FABRIC SOFTENER
(1.23L - 1.53L) or **TIDE** LAUNDRY
DETERGENT (1.18L)
Selected Types
Limit 4. After limit 5.99
Rest of Week 5.99

1.49
EACH



CHRISTIE
COOKIES or CRACKERS
Selected Types
Limit 4. After limit 1.99
Rest of Week 1.99

2/\$4



LIFE BRAND
PAPER TOWELS 8 Roll
or 2.99 each. Limit 4
Rest of Week 2.99

3/\$5



LAY'S (180g) or
RUFFLES (235g) CHIPS
Selected Types
or 2.99 each. Limit 6
Rest of Week 2.99

40%
OFF*



ALL VITAMINS or
NATURAL HEALTH PRODUCTS
Selected Types & Sizes

2.49
EACH



GILLETTE SATIN CARE SHAVE GEL
(198g), **BALÉA** KIDS SHAMPOO (300mL),
HERBAL ESSENCES or **AUSSIE**
HAIR CARE PRODUCTS
Selected Types & Sizes
Limit 4. After limit 2.99
Rest of Week 2.99

25%
OFF*



COVERGIRL OUTLAST LIP,
STAY BRILLIANT NAIL ENAMEL or
FLAMED OUT EYE PRODUCTS
Selected Types
Rest of Week 20% off*

2.99
EACH



KRAFT
PEANUT BUTTER 500g - 1kg
Selected Types
Limit 4. After limit 3.49
Rest of Week 3.49

1.77
EACH



CHEERIOS
CEREAL 260g - 330g
Selected Types
Limit 4. After limit 1.99
Rest of Week 1.99

1.97
EACH



COCA-COLA or **PEPSI**
BEVERAGES 6 x 710mL
Selected Types
Limit 4. After limit 2.99

3.30
EACH



COCA-COLA or **PEPSI**
BEVERAGES 12 x 355mL
Selected Flavours
Limit 4. After limit 3.99

88¢
EACH



NEILSON
CHOCOLATE MILK 1L
Limit 4. After limit 99¢
Rest of Week 99¢

2/\$3



EVERYDAY MARKET
LARGE WHITE EGGS 1 Dozen
or 2.29 each. Limit 2
Rest of Week 2.29

2.77
EACH



EVERYDAY MARKET
BUTTER 454g
Selected Types
Limit 4. After limit 3.69
Rest of Week 3.69

3/\$10



DR. OETKER RISTORANTE or
PANABELLIO FROZEN PIZZA
Selected Types & Sizes
or 3.99 each. Limit 6
Rest of Week 3.99

Available at food locations only — see shoppersdrugmart.ca for details



SHOPPERS DRUG MART



Prices and Shoppers Optimum Bonus Points® in effect from Saturday, December 28, 2013 to Friday, January 3, 2014 while quantities last. We reserve the right to limit quantities. *Our Regular Price. †Offer valid on Saturday, December 28, 2013 only. Points are issued according to the net pre-tax purchase total of eligible products after redemptions and discounts and before taxes using a valid Shoppers Optimum Card®. Excludes prescription purchases, Shoppers Optimum Bonus Points®, RBC® Shoppers Optimum® MasterCard® points and points associated with the RBC® Shoppers Optimum Banking Account, products that contain codeine, non-pointable items, tobacco products (where applicable), lottery tickets, passport photos, stamps, transit tickets and passes, event tickets, gift cards, prepaid phone cards, prepaid card products and Shoppers Home Health Care® locations. Offer applies to photofinishing services that are picked up and paid for on the day of the offer only. Not to be used in conjunction with any other Shoppers Optimum Points® promotions or offers. See cashier for details. © 911979 Alberta Ltd.

The lighter side of the law. A dash of humour helps humanize VicPD



**LUKE
SIMCOE**
Digital reporter

On the Metro digital desk, we're well aware that funny stories are more likely to be shared by our online readers; it's an insight we share with the Victoria Police Department.

Last year, when a naive Reddit user posted about buying marijuana at the University of Victoria, VicPD Const. Mike Russell was there.

Using the "VicPDCanada" handle, Russell announced himself with a simple "cough," reminding users that the long arm of the law extends online.

Since then, he and his partner Bowen Osoko have been working to build the force's social media cred.

And despite the serious nature of police work, the pair hasn't shied away from the absurdist humour endemic to Internet culture.

When cops busted drug

Cats with hats

“Being silly sometimes helps humanize our officers and make them more approachable. It’s also just a lot of fun.”

Bowen Osoko, Victoria Police Department



The Victoria Police Department has spammed Twitter followers with pictures of cats wearing hats, among other humorous tactics.
COURTESY VICPD

dealers hiding cocaine in fake "Durasell" batteries in January, Russell penned a hilarious press release and offered tips to others looking to secure their stash.

"Don't forget to label it 'not drugs' so we don't inadvertently look inside," he said.

When handed the reins of the force's Twitter account in March, Osoko opted to spam followers with pictures of cats wearing hats.

“Being silly sometimes helps humanize our officers and make them more approachable. It’s also just a lot of fun.”

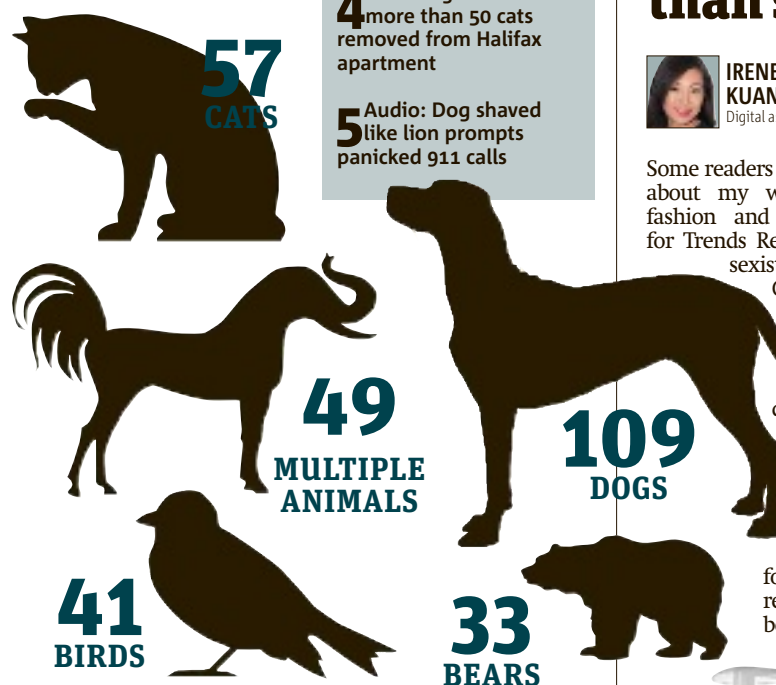
Which animal is top dog?

**COLIN
MCNEIL**
Web editor

Animals. They're cute, they're cuddly, and they have a furry iron grip on the Internet. From the continuing antics of the Ikea monkey to the Toronto Zoo's pandas, it's been quite a year for Canadian fauna, but which four-legged friend is top dog at metronews.ca? The answer may give you paws for thought. There have been 539 stories on metronews.ca tagged "animals" in 2013. Here are the top 5 animals (by number of stories).

Top stories by views

- 1** Photos: Regina squirrels tangled by sticky situation
- 2** Warning: Graphic new images surface of GuZoo animal farm
- 3** Video: Elephant seal inhales meal in blink of an eye
- 4** Hoarding case sees more than 50 cats removed from Halifax apartment
- 5** Audio: Dog shaved like lion prompts panicked 911 calls



Irene Kuan's "sparrow face" selfies. CONTRIBUTED

Glymm. There's more to being a beauty editor than sparrow-face selfies



IRENE KUAN
Digital associate managing editor

Some readers have complained about my work as Metro's fashion and beauty blogger for Trends Report, labelling it sexist and shallow.

Granted, writing about “sparrow face” and “bitchy resting face” doesn’t suggest hard journalism, but the beauty industry is what it is.

In fact, if it hadn't been for an assignment reviewing beauty boxes, I would have never stumbled

upon this story: One reader claimed she had been scammed by a subscription beauty box service called Glymm. The company charged her for a yearly subscription and then sent an abrupt email about their closure. It shuttered its business, website, Facebook and Twitter accounts, while keeping customers' money.

As a blogger, I care about my readers and their feedback.

I tracked the founder of Glymm using LinkedIn and badgered his secretary for information over the phone. I also used my ties as a beauty blogger to get reaction from other beauty-box businesses. After all, there were tons of irked Glymm subscribers in an industry that is still working to establish itself.

The week of April 25 the Glymm story generated more than 10,000 website views and 20,000-plus views on my Storyfy. It even prompted a company, Nail Polish Canada, to link to my story and provide free gifts to customers bilked by Glymm.

THE REWARDS YOU WANT

20x faster

SATURDAY, DECEMBER 28

20x

**THE SHOPPERS
OPTIMUM POINTS®**

**WHEN YOU SPEND \$50 OR
MORE ON ALMOST ANYTHING
IN THE STORE.***



FREE
feels good



SHOPPERS

DRUG MART



*Points are issued according to the net pre-tax purchase total of eligible products after redemptions and discounts and before taxes using a valid Shoppers Optimum Card®. Excludes prescription purchases, Shoppers Optimum Bonus Points®, RBC® Shoppers Optimum® MasterCard® points and points associated with RBC® Shoppers Optimum Banking Account, products that contain codeine, non-pointable items, tobacco products (where applicable), lottery tickets, passport photos, stamps, transit tickets and passes, event tickets, gift cards, prepaid phone cards, prepaid card products and Shoppers Home Health Care® locations. Offer applies to photofinishing services that are picked up and paid for on the day of the offer only. Not to be used in conjunction with any other Shoppers Optimum Points® promotions or offers. See cashier for details. © 911979 Alberta Ltd.

BOXING WEEK sale

SAVE UP TO 70%

OFF ORIGINAL PRICES
When you take an extra

40% OFF

ON WOMEN'S, MEN'S & KIDS' CLEARANCE FASHIONS,
INTIMATES, FOOTWEAR & ACCESSORIES

WITH YOUR SEARS FINANCIAL™ CREDIT CARD*
OR SAVE AN EXTRA 30% WITH OTHER FORMS OF PAYMENT.
Offer ends Feb. 20, 2014.

PLUS, SAVE AN EXTRA 25%

ON CLEARANCE DINNERWARE, GLASSWARE,
TABLETOP TEXTILES AND BED & BATH

WITH YOUR SEARS FINANCIAL™ CREDIT CARD*
OR SAVE AN EXTRA 15% WITH OTHER FORMS OF PAYMENT.
Offer ends Jan. 23, 2014.

For Example:

~~WAS 49⁹⁹~~

NOW 24⁹⁹

PLUS, SAVE
AN EXTRA 40%

=14⁹⁹

With your Sears
Financial™ Credit Card*



SAVE \$800
1599⁹⁸

SEARS REG. 2399.98 PAIR

\$44.45/MO[†]



KINGSDOWN™
Over 100 Years of Sleep Innovation

SAVE 60%
799⁹⁹

SEARS REG. 1999.99

\$22.23/MO[†]

Sonoma
Euro-top Queen
size sleep set
ALL sizes ON SALE
WEBCODE:
W-0156701

NATUZZI EDITIONS

SAVE 40%
899⁹⁹

SEARS REG. 1499.99

\$25.00/MO[†]

Sicily
leather sofa
Matching pieces
also ON SALE
WEBCODE:
W-0221840



SALE PRICES IN EFFECT THURS., DEC. 26, 2013 (WHERE OPEN) UNTIL THURS., JAN. 2, 2014, unless otherwise stated, while quantities last.

*On approved credit. Excludes jewellery, watches, fragrances and cosmetics, juvenile products and toys. †Applicable administration fee, taxes and delivery charges not included in monthly payment example. "EQUAL PAYMENTS, NO INTEREST" offer: Pay in 6, 12, 24 or 36 equal monthly installments only on approved credit with your Sears® MasterCard®, Sears® Voyage™ MasterCard® or Sears Card. Administration fees (none in Quebec): 6 months - \$0; 12 months - \$69.99; 24 months - \$99.99; 36 months - \$129.99. No minimum purchase required (\$200 minimum purchase required in Quebec). Your financed purchase will include applicable administration fee, taxes and delivery charges. To avoid interest charges on financed purchase, you must pay your New Balance (which includes monthly installment and any other amounts due) in full by the statement due date. Financing offer will be cancelled if you do not pay the Base Payment in full for 4 months, at which time the unpaid balance of financed purchase will post to your account and interest will start being charged at the Annual Interest Rate for purchases (new accounts - 19.99% for Sears® MasterCard® and Sears® Voyage™ MasterCard® or 29.9% for Sears Card). If you are an existing cardmember, refer to your statement for Annual Interest Rate. Excludes Sears Home Services, Gift Cards, Specialty Services, Sears Travel and Outlet/Liquidation Store purchases. MasterCard® and the MasterCard Brand Mark are registered trademarks and PayPass is a trademark of MasterCard International Incorporated. Sears Financial Credit Cards are also known as Sears Card, Sears® MasterCard® and Sears® Voyage™ MasterCard® and are issued by JPMorgan Chase Bank, N.A.

Look for the ENERGY STAR® logo. It shows that the product meets ENERGY STAR specifications for energy efficiency.

Shop these items and thousands more on sears.ca. Ordering by phone? Call 1.800.267.3277 and quote WEBCODE.

NE124G313 © 2013. Sears Canada Inc.

Sears®
MAKE EVERY DAY A GREAT DAY.

National

Rob Ford, Senate scandal, Toilet Squirrel: 2013 was a big year. Here are the stories that called us to action, made us laugh or impacted our lives in other ways.

Metro story helps mentally ill man secure himself a new home



KATE
WEBB
Metro reporter

'100 times better'

When asked to update a story that impacted me over the last year, I immediately thought of Stephen Chalmers. I interviewed him again last month.

The walkway up to his new trailer sparkles with red and blue Christmas lights, and on clear nights moonlight spills through tall pine trees onto the quiet campground where he has lived for nearly two months now.

The 54-year-old is still getting used to his new surroundings after moving out of a dilapidated trailer at the run-down Beladean Trailer Park in Surrey, B.C., which lost power in September due to an improperly supervised motel demolition.

"I'm 100 times better. I feel better, I sleep better," says Chalmers, who suffers from multiple mental illnesses and lives on a meagre disability income.

New digs, old issues

After Metro ran stories on the outage, and the fact that he couldn't find a new park willing to take his old, leaky trailer, an online campaign raised enough money to buy him a newer, 1999 fifth-wheel.

But the complex problems of a man who has overcome crack addiction and alcoholism and still struggles daily with depression and post-traumatic stress disorder cannot be neatly



JENNIFER GAUTHIER/METRO IN VANCOUVER

resolved with four walls of aluminum and vinyl. Some days he feels up, some days he feels down, he says. The weather, getting used to his new neighbours, and the stress of living low-income — all of these have an effect on his moods.

But Chalmers says he seeks help when he needs it from the mental-health-care system, from friends and from a local food bank.

Moving on up



"I feel more positive about myself. I'm more sure of myself. I feel more personable towards myself.... I think of myself as someone who actually deserves to be respected, which — that's kind of foreign territory to me."

Stephen Chalmers, who says he is proud that by sharing his story publicly, he has become someone people approach for advice about how to seek help.

Toilet Squirrel. 'Peg newsroom goes nuts over soggy rodent



BERNICE
PONTANILLA
Metro Reporter

It was the summer story that had Winnipeggers — and likely others all over North America — looking warily at their toilets.

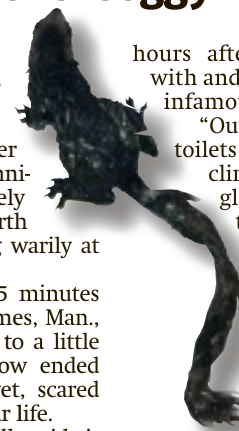
And it led to 15 minutes of fame for a St. James, Man., woman, all thanks to a little critter that somehow ended up in her toilet wet, scared and clinging for dear life.

Angela Campbell said it was her love of making people laugh that spurred her to contact Metro Winnipeg only

hours after her encounter with and rescue of the now infamous Toilet Squirrel.

"Out of all of the toilets it could have climbed out of, I'm glad it was mine and that I could help it," said Campbell in a December interview with Metro.

Once Metro Winnipeg broke the story online, Campbell was inundated with requests for interviews from local, national and international media outlets.



Metro's choice

Starman blows our minds



HENRIETTA
WALMARK
Metro copy editor

Commander's log — stardate: 04-12-2013: "Here am I floating in my tin can/A last glimpse of the world/Planet Earth is blue and there's nothing left to do."

Few events in 2013 eclipsed Chris Hadfield's cover of David Bowie's Space Oddity. The video of the astronaut literally floating in his "tin can" as he sang his farewell to life aboard the International Space Station capped an extraordinary mission of firsts.

As the ISS orbited Earth, he tweeted stunning photos of the planet, chatted with William Shatner, shared videos of zero-gravity science



Chris Hadfield THE CANADIAN PRESS

experiments, did Q&A's with kids via satellite-links and performed an interspace duet with Ed Robertson.

Hadfield was having the time of his life, and took us along for the ride.

But what's really cool is what's been left trailing in the stardust. Hadfield allowed me and millions of others to experience Earth and the universe as never before, sparking our imagination and reigniting interest in the final frontier as a space worth exploring.



Visit the website for more details
and to purchase tickets

OttawaHealthandWellnessExpo.com

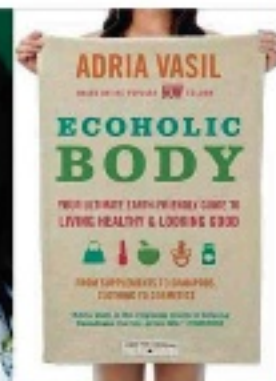
Join us for the 8th annual Health and Wellness Expo!

Saturday January 11th, 2014 • 9 am to 4 pm

2014 Keynote
Speaker

Adria Vasil

Best selling author
of Ecoholic Body



STORES OPEN AT 8 A.M. ON BOXING DAY, THURSDAY, DEC. 26

EXCEPT QUEEN STREET, YORKDALE, SHERWAY, BRAMALEA, MAPLEVIEW AND BAYSHORE OPEN AT 7 A.M. CHECK THEBAY.COM FOR LOCAL STORE HOURS.

BOXING DAY SALE

THURSDAY, DECEMBER 26 ONLY

SHOP BOXING DAY EARLY ON DEC. 25 AT THEBAY.COM

UP TO 70% OFF

WHEN YOU TAKE AN EXTRA 40% OFF CLEARANCE

WOMEN'S FASHION, DRESSES, SUITS, SUIT SEPARATES, SWIMWEAR, SLEEPWEAR, ROBES, INTIMATES, HOSIERY, FOOTWEAR, HANDBAGS AND WALLETS; STERLING SILVER AND FASHION JEWELLERY; MEN'S FASHION, ACCESSORIES, SLEEPWEAR, ROBES, UNDERWEAR AND FOOTWEAR; KIDS' AND BABIES' CLOTHING AND ACCESSORIES; AND LUGGAGE

Off our last ticketed prices. See below for exclusions.

60% OFF
OUTERWEAR
for men, kids and babies
in our outerwear departments
See below for exclusions.

BUY 1, GET 1 FREE
TOWELS, PILLOWS
AND SHEETS

Towels by GLUCKSTEINHOME SPA, HOTEL COLLECTION MICROCOTTON; sheets and pillowcases by HOTEL COLLECTION, CALVIN KLEIN, GLUCKSTEINHOME and DISTINCTLY HOME See below for details.

SAVE \$1010
\$488
Reg. \$1498
SIMMONS Beautysleep Bellamy
Euro top queen mattress set

SAVE \$1510
\$788

Reg. \$2298
SIMMONS Beautyrest Recharge
Castlebridge tight top queen
mattress set

SAVE \$2310
\$988

Reg. \$3298
SEALY Posturepedic Titanium
Southdale Euro pillow top queen
mattress set

60% OFF
WOMEN'S FASHION
BY MATERIAL GIRL,
STYLE&CO., PETER NYGÅRD,
JESSICA SIMPSON and more
See below for exclusions.

60% OFF
SLEEPWEAR
AND ROBES
for women, men and kids
See below for exclusions.

THURSDAY, DEC. 26 TO WEDNESDAY, JAN. 1
RECEIVE A \$10 BEAUTY SAVINGS CARD

When you spend \$50 or more on cosmetics or fragrances in store or at thebay.com.*



HUDSON'S BAY

Shop in store and at thebay.com



Savings are off our regular prices, unless otherwise specified. See store for details. Dresses, suits and suit separates and swimwear are from our dress, suits and swimwear departments. Women's clearance fashion excludes outerwear in our women's outerwear department. The Room, NYDJ, Diesel, Sandro, Maje, BCBGMAXAZRIA, Toni Plus, Dorothy Perkins, Wallis and TOPSHOP. Clearance intimates exclude Diesel. Women's clearance handbags and wallets exclude Coach. Clearance sterling silver and fashion jewellery excludes Coach and Swarovski. Men's clearance fashion excludes Impuntura, Klauss Boehler, Sanyo, Andrew Marc, Samuelsohn, Coppley, Van Gils, Robert Graham, J. Lindeberg, JKT, Z Zegna, Zegna Sport, Bugatti, Pure, Victorinox, Strellson, Ted Baker, Hugo Boss, Boss Green, Boss Orange, Sterling, Thompson, Allegri, Whitespace, Superdry, Contemporary Collections, Armani Jeans, G-Star, Bench, Scotch and Soda, Diesel, 55DSL, Energie, Premium Denim, English Laundry, suits and sportcoats. Men's clearance footwear excludes Hugo Boss and Diesel. Kids' and babies outerwear excludes Ralph Lauren Childrenswear, Diesel, Juicy Couture and items with 99¢ price endings. Men's outerwear excludes items with 99¢ price endings. Women's sleepwear and robes in our women's sleepwear and robe department exclude New Spring Arrivals, Calvin Klein, Diesel, La Perla Miss Studio, Betsey Johnson and items with 99¢ price endings. Men's sleepwear and robes exclude Diesel, Calvin Klein, Emporio Armani, Hugo Boss and items with 99¢ price endings. Buy 1, get 1 FREE towels, pillows and sheets: free item must be of equal or lesser value. Excludes items with 95¢ price endings. 60% off women's fashion excludes New Spring Arrivals. Peter Nygård excludes items with 99¢ price endings and Nygård Slims. Jessica Simpson excludes all denim jeans. Material Girl excludes Style HBCB000004H in black. Style&Co., Peter Nygård and Nygård Slims exclude items with 99¢ price endings. BEAUTY SAVINGS CARD: *Before taxes. While quantities last. Savings card is redeemable in store on your next cosmetics or fragrance purchase of \$50 or more before taxes from December 26, 2013 to January 1, 2014. Cannot be combined with any other coupons, discounts or promotional offers.

Readers' online
selections

Extra-terrestrials? Nose pickers? What is this, you ask? Well, it's what you told us — via our Metropolitan Panel — were your favourite Metro online national news stories of the year



UFO sightings double in Canada in one year

Ufology Research issued its Canadian UFO survey in May and the stats revealed reported sightings doubled in 2012.

"Polls have shown that one in 10 Canadians believe they have seen a UFO. That's three to four million people with UFO experiences," said Chris Rutkowski of Ufology.

TORSTAR NEWS SERVICE



T.O. man's call for stem-cell donations

In July, Chris Taylor of Toronto called on healthy 17- to 35-year-olds to become stem-cell donors. "I need one, it turns out, to save my life," he told Metro. "More importantly, it's for everyone who needs one." OneMatch is a program run by Canadian Blood Services which matches potential stem-cell donors to unrelated patients. Donors sign up for free and get a package in the mail containing a swab kit.

METRO



Nose pickers, rejoice

If you don't like gross things, this story is snot for you. An associate professor of biochemistry at the University of Saskatchewan is trying to get more students interested in science by looking at the health benefits of picking your nose and eating it. Scott Napper says mucous traps germs and stops them from getting into our body, but if we consume that mucous, it could help train our immune system by exposing it to the germs.

THE CANADIAN PRESS/CKOM



New rules for Canuck drivers

In early 2012, this came in from the department of red tape you didn't know existed: Canadians were required by law to have an international driving permit in addition to their regular licences when driving in Florida. The new law applied to any non-resident, but has since been unanimously repealed by legislators.

TORSTAR NEWS SERVICE

Readers' + Metro's choice

Teen-trafficking case lacked outrage



JESSICA SMITH CROSS
Metro reporter

Three girls ran away from a group home last year, lured away by a prostitution ring and put to work in Toronto.

The girls were in the care of province when they were trafficked. When the story broke, strangely, there was no public outrage.

I called up critics of both opposition parties and neither knew much. The Ministry of Child and Youth Services simply said after the criminal trial that safety would be "enhanced."

I talked to Bridget Perrier, who was prostituted from her group home at age 12. Now, she is calling on the provincial government to acquire "a deep understanding" of how the sex trade involves girls in the child welfare system.

I agree. I'd also like to see hear some promises about how it will never happen again.

You can give
crisis line support
and free counselling
to your community
this year.

Please support the Ottawa
Rape Crisis Centre today.



Please give
generously today
orcc.net/donate-orcc



Tuesday, December 31, 8 am - 5pm

Customer Appreciation Day

10% off
all in-store items*

(*Excluding Dairy, Eggs,
Bakery, Appliances & Sale Items)

Demos
Free samples

Fresh popcorn and hot mulled cider
Raffle basket worth over \$200

rainbow foods
The Healthy Choice. For You. For Life.

1487 Richmond Road • 613-726-9200
M-F 8am-8pm; S-S 9am-7pm
For specials, flyers and events,
visit rainbowfoods.ca



#omg! Readers all a-Twitter over TEMP

Canadian author Douglas Coupland, best-known for his groundbreaking novel Generation X, visited Metro's head office just before the launch of TEMP.

The 20-part fiction series was published in Metro throughout November. Here's how Metro readers responded on Twitter:

@jason_michael: A sincere heartfelt Thank You to @DouglasCoupland for TEMP. I am a temp working for the government and your words continue to inspire!

@Teyemtenot: yet another reason why Metro is my favourite thing to read in the morning!

@hurricanedianna: thanks for keeping me entertained for 20 a.m. commutes. Funny, surprisingly thought-provoking and relevant.

@KaT4_2012: read TEMP every day! #youguysnailedit #precariousworkiseverywhere Douglas Coupland is brilliant

@morgancadenhead: The collaboration between @DouglasCoupland and @MetroNewsCanada is fascinating. A truly unique way to approach fiction.

@SuzanneMaryse: i am loving this! ... Coupland nails the post-modern condition once again

@ctmwyn: The best part about @DouglasCoupland #Temp is the high concentration of #CliffHangers #Serialization

METRO



Web editor Hannah Zitner chats with Douglas Coupland during the author's visit to Metro's head office in Toronto on Oct. 28. DAVID VAN DYKE/METRO

Gentlemen, start your engines.

HARRY'S BOXING WEEK EVENT SAVE UP TO 50% OFF

**BOXING DAY
GATECRASHER**
DECEMBER 26 | DOORS OPEN AT 8 A.M.

TAKE AN EXTRA \$100 OFF
Any sale winter coat
before 12 noon Dec 26th
only, doors open at 8 a.m.

**Boxing Day Only
TAKE AN
EXTRA
\$100 OFF**

Any suit or
sports jacket.

**BOXING WEEK ONLY
50% OFF**

All sale sportswear (sport shirts,
knitwear, sweaters and
casual pants) and also sale
gloves, scarves and hats.

**Boxing Day Only
TAKE AN
EXTRA
\$50 OFF**

Any sale pair
of shoes.

Shop in-store or online.

Not all merchandise on sale. Alterations extra on merchandise reduced by 50% or more and on all sale shirts.

HARRY ROSEN

HARRYROSEN.COM

International

From strange to serious — the world was a fascinating and sometimes heartbreaking place in 2013.

Readers' online selections

Nothing hard-hitting here: Metro online readers gravitated towards men faking labour, a giant toilet clog and a shelter dog prized for his anthropomorphic attributes as their favourite international stories of 2013, as picked through our Metropolitan Panel.



Dutch men undergo simulated labour pains

This video of two Dutch men who decided to find out how difficult childbirth is by hooking themselves up to a machine that simulates real-life labour pains was a huge hit with readers. **METRO**

Watch the video at metronews.ca.



'Fatberg' discovered in suburban sewer

Sure, it may have looked like an iceberg, but there was nothing cool about it. Utility company Thames Water said in August it has discovered what it calls the biggest "fatberg" ever recorded in Britain — a 15-ton blob of congealed fat and baby wipes lodged in a sewer drain. That's enough "wrongly flushed festering food fat mixed with wet wipes" to fill a double-decker bus such as the famous London Routemaster, the company said.

THE ASSOCIATED PRESS

Man fired after wrestling sharks

A 62-year-old British man who became an Internet sensation after wrestling



with a shark on an Australian beach said in March that he was fired after his employer discovered he'd been abroad while on sick leave. Paul Marshallsea was filmed yanking a six-foot-long shark away from waders at Caloundra beach in January. But his intervention also caught the eye of his employer. Marshallsea had been on leave since last April and said his doctor advised him to go on vacation.

THE ASSOCIATED PRESS



MSN messenger goes the way of ICQ

Microsoft's venerable Messenger program was moved to the great big recycling bin in the sky this year. Users had until March 15 to migrate their accounts over to Skype, which the software company acquired in 2011. At its peak, Messenger boasted 300 million users in more than 60 countries. Microsoft will continue Messenger in China, due to the peculiar nature of the Chinese market. **METRO**

Dog with human-like face gets hundreds of adoption offers

Tonik the dog became an international sensation when a photo of him was



picked up by media around the globe. "His pictures have been up on the adoption site since September 2011," said Schwartz. "For some reason, someone decided this week that he looks like a human and it's been overwhelming since," said Jen Schwartz, the founder and owner of the Homeward Bound Animal Shelter, at the time of the buzz.

TORSTAR NEWS SERVICE

Visit metronews.ca

metro

Looking for work?

IMMEDIATE START
Multiple Openings
\$800-\$1000 / avg weekly
NO EXPERIENCE NEEDED
Training fully provided
Call 613-301-4778

Moore's
CLOTHING FOR MEN

BOXING WEEK
CLEARANCE EVENT

GOING ON NOW

50% OFF
THE ORIGINAL PRICE

Additional restrictions apply. While supplies last.
*Price as marked on items

Egypt

'An uncertain reality'



DEENA DOUARA
Metro copy editor

Calls to relatives in Egypt are reminders that while the deteriorating state of affairs — of people's spirits and dreams and savings — is frustrating to behold from here, it's an uncertain reality, a nightmare, over there.

I was there this summer, in the leadup to the anniversary of then-president Mohamed Morsi's inauguration. I tried to understand the arguments: Egyptians must protest; Egyptians must stay home and give him a fair chance.

I tried to capture that atmosphere for Metro, on TV and for Huffington Post, all garnering strong reactions. As protests intensified, so did people's rhetoric. A prevalent "You're with us or with the terrorists" approach took root, serving to justify military crackdowns and delegitimize nuanced opinions that didn't conform neatly to "pro-military" or "pro-Muslim Brotherhood."

The 2011 revolution was one of the most dramatic scenes Egyptians witnessed in at least three decades.



An Egyptian woman reacts in Tahrir Square in Cairo the day after former Egyptian president Mohammed Morsi, the country's first democratically elected president, was ousted from power on July 4.

ED GILES/GETTY IMAGES FILE

There was uncertainty and disagreement and plenty of anger. But I believe it is 2013 that really changed Egyptians. Mistrust, contempt, revenge, hatred — these sentiments are relatively new, and they are frightening.

As repression, imprisonment and censorship have seemingly increased alongside an ever-declining economy, Egyptians now must, too, fear their neighbours. And divided, they say, is how they fall.

Syria. Keeping an eye out



ALI ZAFAR
Metro copy editor

Nearly three years on, the Arab Spring has morphed into a disgruntled winter in Syria. While several Arab nations have toppled their dictators, Syria continues to be stuck between rebel strongholds and leader Bashar al-Assad.

Bearing the wrath of this power struggle are the citizens of the country. Around two million of them have been displaced, and Amnesty International estimates that more than 100,000 people have been killed since the conflict started in March 2011.

I've seen atrocities committed both in the name of religion and by iron-fist rulers while living in the Middle East and South Asia, which is why the plight of Syrians is something I can relate to. Being considered a religious minority in Pakistan, I can empathize with the woes of religious minorities in Syria who are worried about their country under the control of Islamist rebels. It's why I'll keep a close eye on stories coming out of Syria in 2014.

DISCOVER LIKE NEVER BEFORE

Introducing the NextBox™ 3.0 Recommendation App

- With 2x more On Demand movies & TV shows¹ than Fibe™, our Recommendation App can suggest new ones based on what you already love.
- Provides a listing of "most watched" shows, movies, channels and more.

Only with NextBox 3.0 you can:

- Record 8 HD shows at once
- 1 TB of storage space

SWITCH TO A 3-PRODUCT BUNDLE

\$84⁶¹/MO.*

for 6 months.
\$114.71 for months 7-24.
\$134.76 for months 25-36.
Includes all monthly fees.

& GET A **FREE NEXTBOX 3.0**
HD PVR RENTAL FOR 3 YEARS.
Opt to own for \$1 after 3 years.²

CALL 1 888 ROGERS1
CLICK rogers.com/nextbox

LIVE LIKE NEVER BEFORE™



Offer available for a limited time within Rogers cable service area (where technology permits) in Ontario only and subject to change without notice. *Taxes extra. An installation charge of \$49.99 and activation fee of \$14.95 also apply. Regular monthly rates (including modem rental) for each service will apply after 36-month promotional period and are subject to change. If NextBox rent-to-own option is not selected, regular NextBox rental rates will also apply after 36 months. Package includes Digital TV (including NextBox 3.0 HD PVR rental), Express Tier Internet (including modem rental) and Home Phone essentials. TV portion includes, where applicable, CRTC Local Programming Improvement Fund Fee (LPIF) of 0.5% of the recurring TV monthly service fee. Home Phone portion includes \$0.19 Message Relay Service Fee and \$0.22 9-1-1 Emergency Access Fee (non-government fee). Long distance and additional features extra. 1 As of April 22, 2013. Programming content differs depending on level of Rogers subscription. Charges apply to some On Demand programming content. 2 After 36 consecutive rental payments without default (\$0 with this offer), opt to own for \$1 by notifying Rogers within 30 days after 36th payment. If you do not opt to own, monthly then-current regular rental rate will apply. Title/ownership to equipment remains with Rogers unless option is exercised. ™Fibe is a trademark of Bell Canada. © 2013 Rogers Communications.

Voices

This is rare. Three Metro columnists are asked to write about their most memorable work this year. Turns out it can't be done without your feedback.

MY ONE LONG YEAR



JUST SAYIN'
Paul Sullivan
metronews.ca

est of times, right?

That makes for lots of material, such as:

Multi-billionaire Amazon's Jeff Bezos was in the news this year for buying the fabled Washington Post of Woodward and Bernstein fame for the equivalent of billionaire pocket lint: \$250 million.

That's less, by the way, than what the Qatar Royal family paid for Impressionist painter Paul Cézanne's *The Card Players* — \$259 million.

(Big deal. I paid \$2.59 for *The Card Players* at the neighbourhood garage sale. I really love the look on the bulldog's face.)

Then there are those columns that are memorable for some really great bits, such as the one about the one-way expedition to Mars that was signing up potential colonists earlier this year:

"Therefore Mars One is looking for a special kind of person. Someone who is nuts enough to spend the rest of his or her life stuck in a climate-controlled hut the size of a portable toilet but well adjusted enough not to try to eat his or her fellow castaways."

What writing!

Of course, you can't write a column these days without having your own online anvil chorus, and I managed to hit a sour note writing about people who don't wear enough clothes on the beach. My protest went along aesthetic lines, not skin care, and the mob that formed outside my virtual door was not happy.

Here's just a taste: "Holy crap this is arguably the most ignorant thing I've ever read in my life."

You can't please all of the people all of the time, but if you try really hard, you can annoy all of the people all of the time.

Fortunately, I did manage to get an online standing O for a column I wrote about a movement to ban tipping that's just getting off the ground in New York and Chicago. One reader, named Crystal, gave me some un-

ordinary positive feedback: "I don't usually write in to comment on articles of any sort, but after reading your brief article I had to say, very well written, entertaining, all the while thought-provoking. Excellent!"

Thanks, Crystal, I needed that. As you can tell, it's been a long year.

Reader writes

"After reading your brief article I had to say, very well written, entertaining, all the while thought-provoking." Crystal

Multi-billionaire Amazon's Jeff Bezos was in the news this year for buying the fabled Washington Post of Woodward and Bernstein fame for the equivalent of billionaire pocket lint: \$250 million.

That's less, by the way, than what the Qatar Royal family paid for Impressionist painter Paul Cézanne's *The Card Players* — \$259 million.

That's less, by the way, than what the Qatar Royal family paid for Impressionist painter Paul Cézanne's *The Card Players* — \$259 million.

(Big deal. I paid \$2.59 for *The Card Players* at the neighbourhood garage sale. I really love the look on the bulldog's face.)

Then there are those columns that are memorable for some really great bits, such as the one about the one-way expedition to Mars that was signing up potential colonists earlier this year:

"Therefore Mars One is looking for a special kind of person. Someone who is nuts enough to spend the rest of his or her life stuck in a climate-controlled hut the size of a portable toilet but well adjusted enough not to try to eat his or her fellow castaways."

What writing!

Of course, you can't write a column these days without having your own online anvil chorus, and I managed to hit a sour note writing about people who don't wear enough clothes on the beach. My protest went along aesthetic lines, not skin care, and the mob that formed outside my virtual door was not happy.

Here's just a taste: "Holy crap this is arguably the most ignorant thing I've ever read in my life."

You can't please all of the people all of the time, but if you try really hard, you can annoy all of the people all of the time.

Fortunately, I did manage to get an online standing O for a column I wrote about a movement to ban tipping that's just getting off the ground in New York and Chicago. One reader, named Crystal, gave me some un-

ordinary positive feedback: "I don't usually write in to comment on articles of any sort, but after reading your brief article I had to say, very well written, entertaining, all the while thought-provoking. Excellent!"

Thanks, Crystal, I needed that. As you can tell, it's been a long year.

2013 is over and I'm left holding the (mail)bag



HE SAYS
John Mazerolle
readers@metronews.ca

I've been told to pick one favourite 2013 column and reminisce, but my columns are like my children and once they're out in the world I will deny they are mine.

Instead, let's open the mailbag. After a year of columnnastic genius I feel it's important for readers to provide a fresh perspective on how wonderful I am. For instance, one fan recently sent me a Facebook message that said my

Mail moment

"Stupid yellow journalism at it's finest!!!" Online Fan



ISTOCKIMAGES

columns are "desperately TRYING to be funny. Alas, they just come off juvenile." To hear my work is desperately funny, yet childlike, is wonderful. I clicked on her page to thank her and learned she's graduated from "I didn't finish (2008)," which signals a level of brash independence and attention to detail I think we can all emulate. Under professional skills it said, "crack-smoking," which means she

will soon be a writer (if she's joking) or the mayor of a large city (if she's not).

Another reader let me know my column is "pure dribble." I briefly assumed it was an insult and he had misspelled 'drivel.' Then I realized it was a basketball-related compliment, and that he considers me the Michael Jordan of Metro columnists. Pure, unadulterated dribble. Swish.

Some other actual mail-

bag highlights: "Hypocrit much?" (More than you. I add an 'e.)* "Do your research." (No.)* "Stupid yellow journalism at it's finest!!!" (There are numerous problems here, but they are amply overcome by the use of three exclamation points. Bravo.) And that's the 2013 mailbag. See you next year, readers — older, but not wiser!!!

I swear, and I am a girl



SHE SAYS
Jessica Napier
@MetroSheSays

As 2013 comes to a close, it's fun to look back at some of the memorable columns I've written over the course of the year. Back in June, I wrote a piece about swearing in public. I described how my boyfriend and I had been reprimanded by an

From the inbox

"I am saddened when I hear a young person, especially a young girl, making a public reference to parts of their body and their knowledge of sexual activity with obscenities."

Anonymous reader

overbearing parent at a neighbouring table after dropping a few expletives during a Sunday brunch.

I was hardly advocating for an uncivilized society full of foul-mouthed brutes, but the column definitely struck a nerve among our readers.

I received a few letters from

people who identified swearing in public as a generational problem. One gentleman wrote an email stating, "I am saddened when I hear a young person, especially a young girl, making a public reference to parts of their body and their knowledge of sexual activity with obscenities."

I understand the importance of good manners, but I take offence to this notion that I should suppress

any behaviour that is deemed 'unlady-like' according to a 1950s standard.



ISTOCKIMAGES

The good, the bad and the ugly

Year in review. The beginning of a new year, like the opening of a new film, holds so much promise... It's time for Metro to screen 2013's crop



**NED
EHRBAR**
Metro World News in Hollywood

It's time to bid farewell to 2013 with a look at the most disappointing films of the year.

Pacific Rim

Giant robots! Fighting giant sea monsters! Directed by Guillermo del Toro! This could've been so good, and obviously we thought it would be, but the results were just... not so much.

Only God Forgives

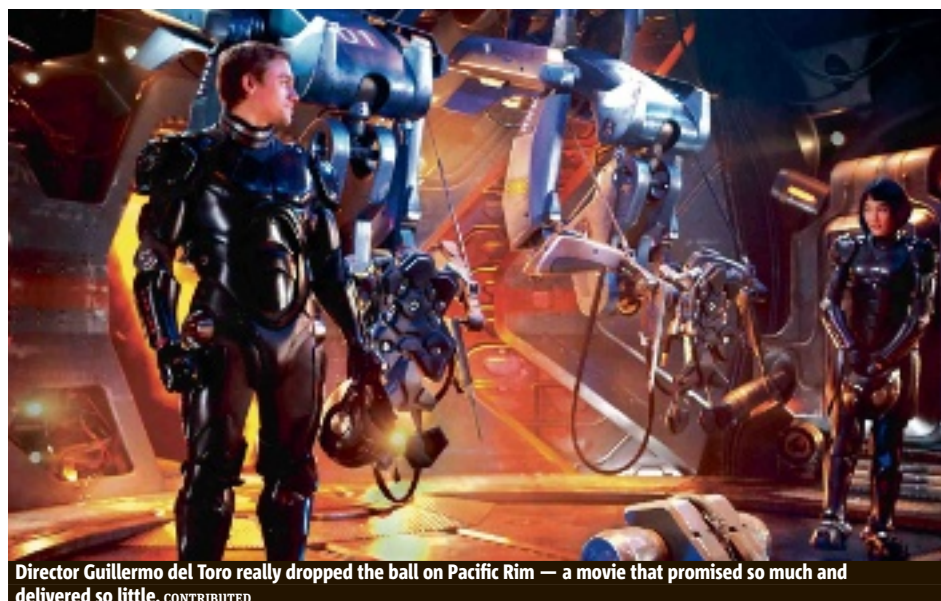
Maybe Nicholas Winding Refn was punishing people for liking his fantastic "Drive" too much, but this art-house meditation on masculinity, violence and retribution — we think? — was just a slog.

Star Trek Into Darkness

We might have been less disappointed in this long-awaited sequel if J.J. Abrams had just come out and said from the get-go that Benedict Cumberbatch was playing Khan. If only that were the only problem with it, though.

Jack the Giant Killer

Maybe it was foolish to expect Bryan Singer to do something cool and interesting with the old Jack and the Beanstalk fairy tale, but this one just fell flat.



Director Guillermo del Toro really dropped the ball on Pacific Rim — a movie that promised so much and delivered so little. CONTRIBUTED

Metro's picks

- 1 Gravity
- 2 Blue Jasmine
- 3 12 Years A Slave
- 4 Hunger Games
- 5 Dallas Buyers Club

Oldboy

Spike Lee's plodding, uninspired remake of Park Chan-wook's 2003 cult classic at least makes a strong case for renting the original. Some things don't translate well, apparently.

Lovelace

A lot of foreplay that led to not very much of anything else, this exploration of the

Metro pick

American Hustle



**IN
FOCUS**
Richard Crouse
scene@metronews.ca

American Hustle's story of flim flam men and women, the FBI and a real life sting known as Abscam has emerged as my favourite movie of 2013. It's an entertainingly audacious movie that will

woman behind Deep Throat held too much back.

The Fifth Estate

Maybe it was too soon to explore the rise and fall of WikiLeaks co-founder Julian Assange, but it seemed perfectly reasonable that

doubtless be compared to The Wolf of Wall Street because of the similarity in tone and themes, but this time around director David O. Russell has almost out-Scorsese'd Martin Scorsese. Add to that unexpected and compelling performances from the a-list ensemble cast—Christian Bale, Amy Adams, Jeremy Renner, Bradley Cooper and Jennifer Lawrence — and it adds up to the most fun I had at the movies this year.

Bill Condon and Benedict Cumberbatch were up to the task. Apparently not.

Anchorman 2

Following up an iconic comedy is tough, but we're still not sure what Adam McKay



We asked and you let us know that Gravity was your top movie pick for 2013. CONTRIBUTED

Reader's pick

What do you think? We recently polled Metro readers to see what film they considered to be the best of 2013. Gravity was the winner, hands down.

and Will Ferrell were thinking with most of the choices here. Lesson learned: A little bit of Steve Carell's Brick Tamland goes a long way. Also, the film's jokes about racism and sexism actually just play as racist and sexist. Maybe next time, guys?

Enough Said

James Gandolfini's last leading film role, Julia Louis-Dreyfus' return to movies, another chance for Nicole Holofcener to examine adult relationships? This one had so much going for it. Too bad the end result is flat, uninspired and far too pleased with itself.

2 SCENE

Happy Holidays!

Keep up to date this Holiday Season with the Metro News App, and at metronews.ca

Our print edition returns January 2nd.

TOMMY & LEFEBVRE

A *SPORTING LIFE* COMPANY

BOXING DAY SALE

INSULATED SKI JACKETS

By Descente, Karbon, The North Face, Phenix, Rossignol, Helly Hansen & more!

MEN'S & WOMEN'S
\$199⁹⁹-\$299⁹⁹*

Regular \$285 - \$450

*Selected Styles. While quantities last.
Promotion valid from December 26 – January 1.



3 IN 1 SKI JACKETS

By The North Face

MEN'S & WOMEN'S

\$199⁹⁹-\$299⁹⁹*

Regular \$270 - \$470

*Selected Styles. While quantities last.
Promotion valid from December 26 – January 1.



DOWN SWEATERS

By Patagonia
& The North Face

MEN'S & WOMEN'S

\$199⁹⁹-\$299⁹⁹*

Regular \$260 - \$530

*Selected Styles. While quantities last. Promotion valid from December 26 – January 1.



SKI & SNOWBOARD PANTS

By Helly Hansen, Roxy, Obermeyer, Burton & Special Blend

MEN'S & WOMEN'S

UP TO 75% OFF*

*Previous seasons only. Selected styles. Promotion valid from December 26 – January 1. While quantities last.

ALL OUTERWEAR

By The North Face, Patagonia, Arc'Teryx, Helly Hansen & more!

MEN'S, WOMEN'S & CHILDREN'S

20-50% OFF*

*Excluding Canada Goose. Promotion valid from December 26 – January 1. While quantities last.

ALL SKIWEAR

By Goldwin, KJUS, Descente, Fusalp, Helly Hansen, Salomon, Jupa, Armada, Oakley & more!

MEN'S, WOMEN'S & CHILDREN'S

20-30% OFF*

*Excluding Canada Goose. Promotion valid from December 26 – January 1. While quantities last.

ALL SNOWBOARD & FREE SKI JACKETS & PANTS

By Burton, 686, Armada, Volcom, Salomon, Oakley & more!

MEN'S, WOMEN'S & CHILDREN'S

20-50% OFF*

*Promotion valid from December 26 – January 1.

SUPER DEALS!

THE NORTH FACE

Women's "Euro"
& Men's "Dryden"
Down Filled Gore-Tex Coats

MEN'S & WOMEN'S

NOW \$499⁹⁹*

Regular \$695

*Promotion only valid on styles listed above.



THE NORTH FACE

Logo Hoodies

MEN'S ONLY

NOW \$39⁹⁹*

Regular \$75 - \$85

*Selected styles. In store only.



SNOWBOARDS BY BURTON & RIDE

MEN'S & WOMEN'S

**ALL REMAINING
2013 SNOWBOARDS**

50% OFF*

**SHOP EARLY FOR THE
BEST SELECTION!**

*Discount taken off original selling price.

SNOWBOARD CLEAROUT

**ALL PRE-2013
SNOWBOARD
BINDINGS**

MEN'S & WOMEN'S

**\$49.99 TO
\$99.99**

**ALL REMAINING
PRE-2013
SNOWBOARD
BOOTS
MEN'S & WOMEN'S**

\$99.99

*Discount taken off original selling price.

**ALL REMAINING
2013 SNOWBOARD
BOOTS
MEN'S**

50% OFF*

SKI DEALS

MEN'S

VOLKL RTM 73 ski installed
with Marker bindings

\$299⁹⁹

SALOMON Enduro LX 750 ski
installed with Salomon bindings

\$329⁹⁹

HEAD Rev 75 ski installed with
Head bindings

\$349⁹⁹

ROSSIGNOL Experience 83 ski
installed with Rossignol bindings

\$499⁹⁹

WOMEN'S

K2 Supersmooth ski installed
with Marker bindings

\$299⁹⁹

HEAD Mya No.4 ski installed
with Head bindings

\$399⁹⁹

ROSSIGNOL Temptation 82 ski
installed with Rossignol bindings

\$499⁹⁹

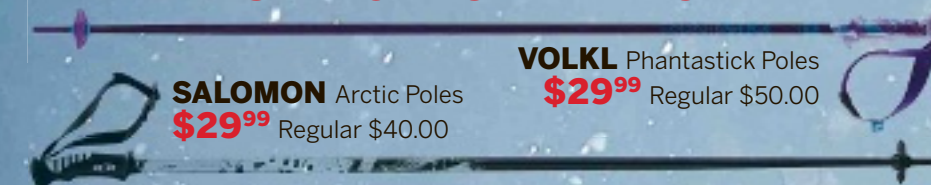
**BINDINGS INSTALLED
WHILE YOU WAIT**



SKI POLE CLEARANCE

SALOMON Arctic Poles
\$29⁹⁹ Regular \$40.00

VOLKL Phantastick Poles
\$29⁹⁹ Regular \$50.00



SAVE ON SKI BOOTS



**ALL REMAINING
PRE-2013 SKI BOOTS**

MEN'S & WOMEN'S

**BY ATOMIC, FULL TILT, HEAD, LANGE,
NORDICA, ROSSIGNOL, SALOMON & TECNICA**

\$99

\$149

\$199

SALOMON
Quest Access 70 ski boots

MEN'S & WOMEN'S \$249⁹⁹

LANGE
Exclusive RX 100LV ski boots

WOMEN'S \$399⁹⁹ Regular \$549.99

DOWN & INSULATED VESTS

By The North Face, Lolë, Burton, Volcom, Obermeyer and more!

MEN'S & WOMEN'S

\$79⁹⁹-\$199⁹⁹* Regular \$100 - \$300

*Selected styles.

WOVEN SHIRTS

By Woolrich, Jachs, Roxy, Burton, Quiksilver, Line & more!

MEN'S & WOMEN'S

\$29⁹⁹-\$39⁹⁹* Regular \$55 - \$95

*Selected styles.

EVEN MORE SAVINGS!

SWEATERS

By The North Face, Woolrich, Original Penguin & Burton

MEN'S

\$39⁹⁹ - \$49⁹⁹* Regular \$80 - \$100

*Selected styles.

SKI SWEATERS

By Dale, Newland, Neve & more!

30% OFF* Regular \$112 - \$350

*Selected styles. Not all brands available in all stores.

WINTER HATS

Previous Seasons Toques & Beanies

MEN'S, WOMEN'S & CHILDREN'S

NOW \$4⁹⁹ - \$9⁹⁹*

*Selected styles. While supplies last. Not all brands available in all stores.

ALL NEW WINTER HATS & SCARVES

10% OFF*

*Discount taken off regular price. Promotion valid from December 26 – January 1.

**GREAT
DEALS!**

BURTON

Wheelie Board Case

\$99⁹⁹ COMPARE AT \$250

SMITH

Electra Goggle

\$24⁹⁹ Regular \$45

*Promotions valid in-store only. While quantities last.

OAC STORE PROMOTION!

TENNIS RACQUETS

TAKE AN ADDITIONAL **20% OFF** THE LOWEST TICKETED PRICE*

*Excludes 2014 new arrivals racquets. Discount taken off lowest ticketed price.

OAC TENNIS & FITNESS DEPOT 2525 LANCASTER ROAD (613) 260-9111



HOLIDAY HOURS
December 23 9:30 – 9:00

December 24 8:30 – 5:00
December 25 Closed

December 26 7:00 – 7:00
December 27 9:30 – 9:00

December 28 9:00 – 9:00
December 29 10:00 – 5:00

464 BANK STREET STORE
Phone: (613) 236-9731 | Toll Free: 1 (888) 888-7547

Shop
T A N D L . C O M

HBO's Game belongs only on the Throne

TV. Whether you binge watched or faithfully tuned in, there were a number of great shows this year. Metro weighs in on what was tube-worthy in 2013

Alexandra Cavallo, our TV correspondent from south of the border, gives us her picks for the best shows on TV, however you may watch TV.

Game of Thrones

Game of Thrones had the best season ever. What other show has the balls to ruthlessly — and awesomely, creatively and bloodily — kill off multiple main characters like it ain't no thing? Game of Thrones reigns supreme. See what I did there?

House of Cards

Other than HBO (and FX and A&E and — well, damn, seems like television is killing it lately, huh?) Netflix is putting out some of the most exciting and game-changing programs. House of Cards — to put it simply

Metro's picks

- 1** Breaking Bad comes to an end
- 2** Toronto Mayor Rob Ford is lampooned on every major late night talk show and Saturday Night Live
- 3** The murder-filled Red Wedding episode of Game of Thrones shocks viewers not familiar with the book series.
- 4** Arrested Development returns to TV via Netflix
- 5** Netflix series House of Cards becomes the first web TV show to receive major Primetime Emmy Award nominations, and goes on to win in three categories.



The shocking Red Wedding episode of Game of Thrones made Metro's list of the best of 2013. HANDOUT

Finally, a healthy binge

You could say I'm always a little late to the party. Up until six months ago, I didn't have Netflix, I never watched TV online and I never thought I was missing out. That was until I was introduced to Breaking Bad. I now fully indulge in what is being called binge-tv watching. I have devoured entire series (Family Guy, The Boondocks, American Dad, Episodes, The Walking Dead, to name a few. Yes, a few), and have spent an unacceptable amount of time on my couch. And though I'm nostalgic for the days of looking forward to my favourite show every week, and being left hanging for an entire summer before my shows return, I embrace this new way of enjoying television, even if I'm a little late.

MIRIAM
OSBORNE/
METRO



— is utterly captivating, and this comes from a person, who, I admit it, doesn't even vote. Politics is not my thing. But this show has it all: intrigue, sex, violence, scandal and Kevin Spacey. Enough said.

Project Runway

Here's my shout-out to reality TV. I love reality it. I watch it all. Housewives, teen moms, geriatric moms, people who have sex with inanimate objects — I'll watch them all, as long as it's "real." But Project Runway (technically a reality competition show, which makes it higher brow) is legitimately a quality show. The contestants (for the most part) are actually astoundingly talented, the challenges are fresh and exciting, and there's still enough cat fighting and drama to sate my appetite

Final eight episodes



Breaking Bad: The final curtain

In mid 2013 the final eight episodes of the ultra-popular and critically acclaimed series Breaking Bad went on air. As usual Bryan Cranston and Aaron Paul turned in stellar performances and creator Vince Gilligan ensured the climactic episodes did not disappoint. We join the second half of the final season with Hank finally realizing that Walt is the infamous meth kingpin

Heisenberg.

This riveting show draws to a close with eight suspense-filled episodes. We see Jesse team up with Hank to catch Walt, Todd's ruthless relatives committing horrible deeds and Walter, in conflict with his family and on the run, tying up as many loose ends as he can. Viewers were rewarded for their loyalty with a brilliantly crafted and gradual ending to this Ned Flanders-turned-Scarface story. As the screen faded to the sound of Baby Blue I realized we may never see the likes of it again. Pure Genius. EGIN WELDON/METRO

for lowbrow reality crap.

Girls

How did nobody else even mention this show? I don't care what anybody says, Lena Dunham is a genius and remarkably likeable despite airing her flaws — both emotional and physical — for the whole world to gawk at. Sure, the second season didn't quite meet the very high bar that the debut season set — it was a little too dark, and sometimes depressing — but as a 20-something girl myself (29 still counts) I can totally relate to almost everything that is said and done on this

show. Don't judge me.

Nathan For You

Most people have probably never seen or even heard of this show. Get familiar, people, because Canadian comedian Nathan Fielder is one of the funniest dudes on the tube right now. This docu-reality comedy series basically features Fielder playing a deadpan, dead-eyed version of himself, using his "business background" to help out failing companies and individuals. Spoiler alert: He is not helpful. Trust me, you've got to watch it.

ALEXANDRA CAVALLO/MWN

LET GERVAIS TAKE YOU AND YOUR CAR HOME SAFELY

DON'T DRINK & DRIVE!

GERVAIS TOWING
& RECOVERY

613-747-4666

ONE FLAT FEE • MAX 4 PEOPLE



The IKEA Winter Sale

Up to 50% OFF hundreds of items.

Save big at the **IKEA Winter Sale** on now until January 6th.*



50% OFF
all HEDERLIG
wine glasses

Valid December 26 - 31.
Limit 10 per customer.



50% OFF
select EKTORP
sofa covers



BOKSEL
sofa table
Was ~~\$199~~
\$99



LIATORP
coffee table
Was ~~\$299~~
\$149



Beef pot roast
with gravy
Reg. ~~\$9.99~~
\$7.99

Valid December 26 - 31.
Available after 11am.

Visit IKEA.ca for details. While supplies last.

*Offers valid until January 6, 2014; unless otherwise specified. While supplies last. No rain checks. Selection may vary by store. Not all products available online. Not valid on previous purchases. See store for details. BOKSEL sofa table offer applies to article number 702.073.18. LIATORP coffee table offer applies to article number 201.730.66. © Inter IKEA Systems B.V. 2013.

The 2013 cyber heights of cyberspace

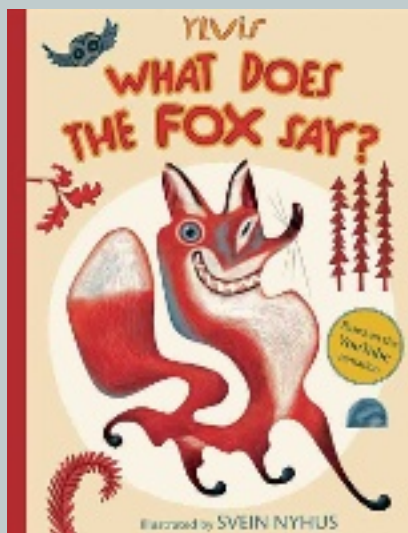
Metro's picks

1 Chris Hadfield's out-of-this-world version of Space Oddity inspired many. Kris Abel walks you through his blast off into the collective consciousness.

2 Norwegian comedy group Ylves' video for What Does the Fox Say? was YouTube's top video of the year, and has even spawned an illustrated book.

3 Amanda Bynes' 2013 tweets left many of us scratching out heads — and just shocked.

4 Felix Baumgartner's freefall from the edge of space.



5 Patrick Stewart's tweets left an impression on anyone within a half mile of Twitter this year. Read what we have to say about them on this page.



A Canadian star was born



MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

Chris Hadfield won the Internet this year with a viral hit that was anything but accidental. He evoked the beauty of our world by sharing how difficult it was to leave its orbital view. These are complex emotions that he somehow captured with an iPad recording of himself singing David Bowie's Space Oddity. His Space Station video lessons and tweeted photos revealed a master communicator who understands the web better than anyone. Through him we have an extraordinary connection to space exploration, but also an example of how a cynical web culture can embrace values that are sophisticated and sincere.

Another kind of fame

Getting high off Patrick's personality

Making memes from Patrick Stewart's many starring movie roles is nothing new for those who lurk the intertubes. But when his fiancé posted a video of an allegedly stoned Stewart giving her acting lessons on the art of the quadruple take, the Internet's collective head caught a contact high. The powerful hit lasted throughout the year as Reddit and its kind obsessed over all things Stewart. From the serious (Stewart speaking about his own experiences with domestic violence) to the silly (him climbing into a bathtub dressed as a lobster), the former captain of the Star Trek Enterprise was sailing nothing but the good ship Awesome in 2013. **METRO**



Patrick Stewart, here with Ian McKellen, showed us a side of him we'd never seen before.

HANDOUT

THE CLOCKTOWER
BREW PUB
BARLEY WINE
NOW AVAILABLE
IN 650ML BOMBERS
AT OUR GLEBE LOCATION
575 BANK ST. OTTAWA
FIND US AT
CLOCKTOWER.CA

CLOCKTOWER
BREW PUB

BOXING WEEK DEALS

HARDCOVERS
30% OFF¹

**INCLUDES FICTION, COOKBOOKS,
BEAUTIFUL BOOKS, KIDS
AND MORE**

LIMITED TIME, IN-STORE ONLY

**2 DAYS ONLY
DECEMBER 26-27**

**THE SEASON'S
BEST READS**

\$15^{EACH²}

HARDCOVER EDITIONS

IN-STORE AND ONLINE



**HOME, STYLE,
PAPER, TOYS
& MORE**

UP TO

75%³ OFF³

IN-STORE AND ONLINE

**ELECTRONICS
& ACCESSORIES**

UP TO

50%⁴ OFF⁴

IN-STORE AND ONLINE

MORE GREAT DEALS IN-STORE AND ONLINE AT INDIGO.CA

!ndigo

Chapters

Coles

indigo.ca

¹IN-STORE ONLY: Offer valid until January 5, 2014 at Indigo, Chapters, Coles and World's Biggest Bookstore locations on select in stock hardcover titles excluding bestsellers, mini books and bargain books, while quantities last. Everyday rewards discount does not apply. Specific title exclusions -Guinness 2014, Ripleys #10 Dare to Look, An Astronauts GT Life on Earth, Orr, David and Goliath and S. ²IN-STORE AND ONLINE: Offer valid on select titles as shown in-store December 26 and 27 2013, and online December 25 – 27 2013 while quantities last. Specific titles include: Dr. Sleep, David & Goliath, Signature of All Things, Bridget Jones Mad About the Boy, Maddadam, Perfect, Red Green's Beginner Guide To Women, Sky and Grand Theft Auto. Everyday rewards discount does not apply. ³IN-STORE AND ONLINE: Offer valid on select in-stock merchandise, while quantities last. Not valid on kiosk. Discount percentage, prices and selection may vary between stores and online. ⁴IN-STORE AND ONLINE: Offer valid on select in-stock merchandise, while quantities last. Not valid on kiosk. Discount percentage, prices and selection may vary between stores and online. ALL OFFERS not valid in conjunction with any other discount, offer or promotion and cannot be used to adjust amount paid on previous purchases. Offers featured may change or end at any time without notice. Price, product selection and availability may vary between stores and online. Indigo, Chapters and Indigo.ca are trade marks of Indigo Books & Music Inc.

Metro's turn-up and tune-out in 2013

Metro's picks

Metro's picks for top five songs

1. Get Lucky, by Daft Punk
2. Reflektor and Afterlife, by Arcade Fire
3. Black Skinhead, by Kanye West
4. Royals, by Lorde
5. Thrift Shop, by Macklemore and Ryan Lewis



No lines blurred in this selection

As a shameless Jay Z super fan, I want to say 2013's top song was Holy Grail featuring Justin Timberlake. But even I can't deny this year belonged to Blurred Lines by Robin Thicke featuring Pharrell Williams and T.I. A simplistic hook and its blend of R&B and pop helped the infectious Blurred Lines hold top spot on charts around the world. It also created its share of controversy (think music video with prancing topless supermodels and Thicke preemptively suing Marvin Gaye's family). Love it or hate it, at some point (maybe in a drunken stupor if you're a certain mayor) you likely caught yourself singing, "OK, now he was close, tried to domesticate ya..." IZABELA SZYDLO, METRO

Metro picks

Song of the Year: Royals by Lorde



SOUND CHECK
Alan Cross
scene@metronews.ca

Talk about a song with universal appeal! What began as a track marketed to the alternative set has become the biggest cross-format hit in years.

This is largely due to what was left out of Royals. It would have been so easy (and tempting!) to mess up the song by over-producing it. Instead, there's an elegant simplicity to everything: an understated rhythm track and the barest hint of a bass line. Lorde's vocals do the rest. The song doesn't even contain a bridge. This is brilliant



Crossover appeal lands Lorde at the top of Alan Cross's list.

HANDOUT

songwriting, an excellent performance and perfect production, all wrapped in one great song.

RollingStone.
PETER TRAVERS
"SCORSESE DELIVERS ANOTHER CINEMATIC LANDMARK."
★★★★

A MARTIN SCORSESE PICTURE
LEONARDO DiCAPRIO
THE WOLF OF WALL STREET

PARAMOUNT PICTURES AND RED GRANITE PICTURES PRESENT AN APPIAN WAY AND SIKELIA PRODUCTION AN EMJAG PRODUCTION A MARTIN SCORSESE PICTURE
LEONARDO DiCAPRIO "THE WOLF OF WALL STREET" EXECUTIVE PRODUCERS ALEXANDRA MILCHAN RICK YORN IRVIN WINKLER DANNY DIMBORT JOEL GOTTLER GEORGIA KACANDES
PRODUCED BY MARTIN SCORSESE LEONARDO DiCAPRIO RIZA AZIZ P.G.A. JOEY McFARLAND P.G.A. EMMA TILLINGER KOSKOFF P.G.A. BASED ON THE BOOK BY JORDAN BELFORT
SCREENPLAY BY TERENCE WINTER DIRECTED BY MARTIN SCORSESE
SUBSTANCE ABUSE, SEXUAL CONTENT, COARSE LANGUAGE
SOUNDTRACK AVAILABLE ON VIRGIN RECORDS
TheWolfOfWallStreet.com

NOW PLAYING! CHECK THEATRE DIRECTORY FOR LOCATIONS AND SHOWTIMES

restaurant · pub
D'Arcy McGee's
established 1996
44 SPARKS STREET • 613-230-4433

December 31st
NEW YEAR'S EVE PARTY
LIVE MUSIC with *The Devillaires*
party favours and champagne at midnight

NO COVER CHARGE!

Find us on facebook at:
OTTAWA.DARCYMCGEES.COM/FACEBOOK

What writers were reading this year

Publishing. Authors Teresa Rhyne and Emily Giffin share their top book picks of 2013

EMILY LAURENCE
Metro World News

It's hard for a first-time author to surpass the bold-faced names typically seen on the New York Times best-seller lists, but that's exactly what Teresa Rhyne did with her book *The Dog Lived (And So Will I)*. Her memoir about adopting a dog with cancer inspired millions. So, what books impacted Rhyne in 2013? She shares her top non-fiction picks below.

1. *Pukka's Promise: The Quest For Longer-Lived Dogs*, by Ted Kerasote

I'm a lifetime dog-lover and yet this book made me re-think how I live with my dogs and what more I can do for their health and welfare, and that was no easy task. Plus, Ted can spin a great tale (tail?) and that's not easy, either.

2. *The Imperfect Environmentalist*, by Sara Gilbert

This is a practical guide to clearing your body, detoxing your home and saving the Earth — without losing your mind — by actress Sara Gilbert. I've had two dogs fight cancer and I'm a cancer survivor myself, so this year I was all about detoxing our environment. This book became my go-to reference, particularly because of her Cut to the Chase Hippie: What's the Least I Need to Know advice section on every topic — perfect.

3. *Devoted: 38 Extraordinary Tales of Love, Loyalty, and Life With Dogs*, by Rebecca Ascher-Walsh

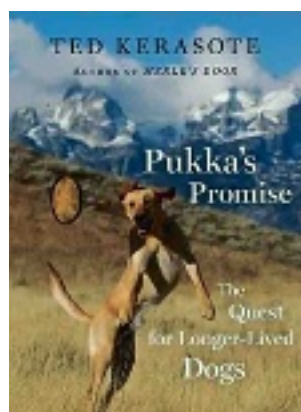
I'm a sucker for a beautiful dog book, and this one comes with touching stories about the many ways dogs are better than we are.

4. *Let's Explore Diabetes With Owls*, by David Sedaris

Because David Sedaris. Enough said.

5. *Lean In*, by Sheryl Sandberg

Lean In is thought-provoking,



THE IMPERFECT ENVIRONMENTALIST



fascinating and depressing. (What have I done with my life?!) It's about as highbrow as I went in 2013.

International best-selling author Emily Giffin knows a thing or two about what makes a good page-turner. Her first book, *Something Borrowed*, was made into a movie starring Kate Hudson and Ginnifer Goodwin, and her subsequent five novels have been lauded both here and abroad. Giffin, whose seventh novel, *The One and Only*, comes out in May 2014, shares her favourite fiction books of the year with us.

1. *The Silent Wife*, by A.S.A. Harrison

This is a gripping, intelligent thriller about a marriage on the verge of collapse and a woman at her breaking point. It's gorgeously written and impossible to put down. A sad footnote: The author passed away just before the book's publication.

2. *Sisterland*, by Curtis Sittenfeld

Sisterland is a moving and complex emotional study of twin sisters born with mild ESP. Curtis Sittenfeld is one of my favorite authors. As a

mother of identical twins, I found this story especially fascinating.

3. *The Ocean At The End Of The Lane*, by Neil Gaiman

This story is a beautiful but bewitching fairy tale of magic and memory. The novel is very unlike my usual reads, but my sister convinced me to give it a chance. She was right — it's hauntingly delicious.

4. *The Yonahlossee Riding Camp For Girls* by Anton DiScalafani

I have always been drawn to coming-of-age stories, and this novel is a true gem among them. Set during the Depression at an equestrian boarding school, DiScalafani's debut is that rare combination of understated elegance and explosive drama.

5. *Wonder* by R.J. Palacio

Wonder is about a 10-year-old boy who was born with extreme facial anomalies. I read it aloud to my three children, and it touched us all profoundly. It's not only my favorite book of the year, but also of all time — right up there with *To Kill A Mockingbird*.

HOLIDAY HAPPENINGS

SAVE WITH COMBO DEALS!
FAMILY OF 5 STARTING AT \$50

| | |
|-----------------------------------------------------------------------------------------|--------------------------------------------------------------------------------|
| <p>War Museum</p> <p>LAST CHANCE ENDS JANUARY 5</p> <p>PEACE THE EXHIBITION</p> | <p>Museum of Civilization</p> <p>Snow</p> |
| <p>IMAX® Theatre</p> <p>LAST CHANCE ENDS IN JANUARY</p> <p>JERUSALEM</p> | <p>VODOU</p> |
| <p>KENYA 3D</p> | <p>LAST CHANCE ENDS JANUARY 5</p> <p>The Adventures of Mr. Potato Head</p> |

HOLIDAY HOURS
January 1: OPEN 9:30 a.m. to 5 p.m.
January 6 to 10, 2014: ANNUAL CLOSURE

CANADIAN MUSEUM OF CIVILIZATION
 MUSÉE CANADIEN DES CIVILISATIONS
 100 Laurier Street, Gatineau, QC
 www.civilization.ca

CANADIAN WAR MUSEUM
 MUSÉE CANADIEN DE LA GUERRE
 1 Vimy Place, Ottawa, ON
 www.warmuseum.ca

Media Partner
OTTAWA CITIZEN

Canada

Top headlines of Hollywood's 2013

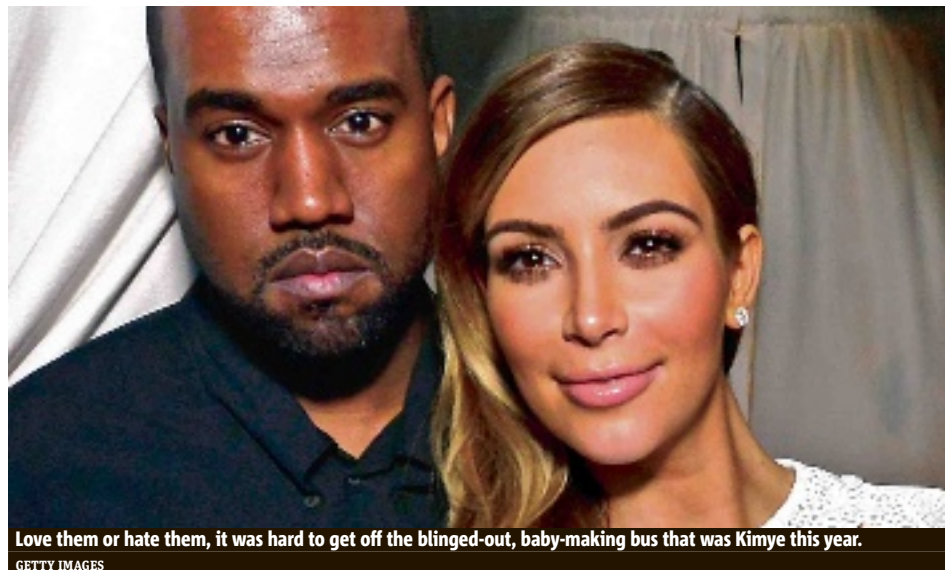
They did what? It was a shock-and-awe year in celeb gossip, and Metro's editors never hesitated to chime in on the tabloid chatter

Pop culture gets a bad rap, according to Metro's gossip editor, Dorothy Robinson. Sure, it's lowbrow (especially when Miley Cyrus decides to take her clothes off with no deference to taste or talent) and it births fame-hungry monsters (Kimye, you are a creation even Walter Winchell couldn't dream up). Yet, the hijinks and disasters of people who fly so very high take us away from the hum-drum of everyday life.

Keeping up with Miley is a nice distraction from the fact that the cable bill is due. Watching Beyonce at the Super Bowl is a reminder of what is humanly possible if you have drive, talent and a whole lot of luck. And witnessing the untimely deaths of two stars reminds us that even our little lives are ones worth living. In fact, maybe we're the lucky ones, blessed to be outside looking in — instead of the other way around.

Here is what some of our editors had to say about the year in gossip:

"I didn't put the Royal Baby on my list because I thought that fell under news. Come on: Kate Middleton should NEVER be



Love them or hate them, it was hard to get off the blinged-out, baby-making bus that was Kimye this year.
GETTY IMAGES



Who wasn't confused by this Canadian coupling? GETTY IMAGES

on the same list as Miley or Kim Kardashian. And although Avril Lavigne marrying Chad Kroeger wasn't earth-shaking, it was so delightfully weird that I thought it

Metro's picks

1 Miley Cyrus ditches her clean-cut image by twerking at the MTV awards, smoking a joint on air at the MTV Europe Awards, and working with photographer Terry Richards — and those are just some of her antics.

2 Amanda Bynes — see Liz Beddall's story to your right.

3 Kanye West and Kim Kardashian brought forth a baby and decided it would be

fun to name her North.

4 Justin Bieber wreaked havoc in his neighbourhood with his driving, peed in a bucket, lost his monkey, and then had a drama-filled South American tour before heading to Australia for more of the same.

5 Angelina Jolie surprised the world by announcing she underwent a double mastectomy.

deserved a mention." **DOROTHY ROBINSON**

"I, for one, definitely had Beyonce winning the Super Bowl on my list. Nothing can stop

her, not even a blackout. I don't even remember who actually played. All I remember is the Destiny's Child reunion and Beyonce's black lace body suit. She wins." **EMILY LAURENCE**

Amanda on our minds

Reading between the Bynes

While it seems 2013 was the year of the squeaky-clean-songstress-turned-train-wreck-tabloid-queen, there was arguably no one who was featured as consistently on Metro's Dish page as former WB sweetheart Amanda Bynes.

Multiple brushes with the law, airborne bongos, drive-way fires, neon wigs and one trainwreck of a Twitter feed meant that Bynes all too often became our feature focus.

Having recently received treatment for mental illness, we hope 2014 brings Amanda some peace, health and much-needed time away from the tabloids.

LIZ BEDDALL/METRO



Amanda Bynes GETTY IMAGES

Dorothy Robinson's picks

1 Miley Cyrus' crazy year.

2 The evolution of Kimye (and the birth of baby North West).

3 Beyonce wins the Super Bowl.

4 Cory Monteith overdosing.

5 Avril Lavigne marrying Chad Kroeger.

"I can't find any evidence supporting the theory that Kanye has a sense of humor; I fear he is gravely serious. We mere mortals just do not understand him." **T. MICHELLE MURPHY**

I guess unlike other calculated 'Look at me! I'm no longer a Disney pop princess! I'm now a woman!' coming-out moments (see: Britney in the red pleather body suit; Christina's suggestive Genie in a Bottle), Miley's coming out seems raw and unpolished. She's going

more for shock value than sex appeal. Which, honestly, is slightly refreshing. Just put the tongue away, girlfriend."

DOROTHY ROBINSON

THE REWARDS YOU WANT

20x
faster

SATURDAY, DECEMBER 28

20x
THE SHOPPERS
OPTIMUM POINTS®
WHEN YOU SPEND \$50 OR
MORE ON ALMOST ANYTHING
IN THE STORE.*



FREE
feels good™



SHOPPERS
DRUG MART



*Points are issued according to the net pre-tax purchase total of eligible products after redemptions and discounts and before taxes using a valid Shoppers Optimum Card. Excludes prescription purchases, Shoppers Optimum Bonus Points, RBC® Shoppers Optimum® MasterCard® points and points associated with RBC® Shoppers Optimum Banking Account, products that contain codeine, non-pointable items, tobacco products (where applicable), lottery tickets, passport photos, stamps, transit tickets and passes, event tickets, gift cards, prepaid phone cards, prepaid card products and Shoppers Home Health Care® locations. Offer applies to photofinishing services that are picked up and paid for on the day of the offer only. Not to be used in conjunction with any other Shoppers Optimum Points® promotions or offers. See cashier for details. © 911979 Alberta Ltd.

SONY
make.believe

forever is in the details

Forever starts somewhere. The more you can capture, the more you'll have to cherish in the forever to come. That's why the size of your camera's sensor matters so much. No stolen glance, faint blush or slightest touch will ever be missed.

Introducing the Sony NEX-5T. Extraordinary sensor size. Ultra compact body.



©Sony make.believe and 'α' are registered trademarks of Sony Corporation.

The Power of Imaging **BE MOVED**



www.sony.ca/nex

The five worst fitness trends of 2013 we hope don't return

Year-end review.

Workouts can get boring from time to time but these ideas on how to switch things up missed the mark this year.

VAWN HIMMELSBACH
life@metronews.ca

It's not a bad idea to switch up your workout routine every now and then to challenge your muscles and stay motivated. But in the quest for new ways to do old exercises, some trends might be a tad questionable.



Backwards is just backwards.

Backwards running

Sure, running can get monotonous, but is running backwards the answer? There's a reason why people are doing it: According to a study by the U.S. National Library of Medicine National Institutes of Health, running backwards uses 30 per cent more energy than moving forward at the same speed. And, supposedly, it's easier on your knees. But let's face it; running backwards is an accident waiting to happen since — if it's not obvious — you can't see where you're going. Not to mention it looks ridiculous.

Boutique/hybrid yoga

If you're into yoga, there are a variety of styles to suit your personality, from ashtanga to moksha to yin. But now, you can mix those warrior poses with ... hula-hoops, trampolines and martial-arts kicks. Or do yoga on a paddleboard, to disco music or even with your dog (doga). But yoga isn't about total body sculpting or getting a cardio workout — it's about quieting your mind. And it's hard to quiet your mind while doing disco moves in tree posture.



There is nothing wrong with weightlifting. But weightlifting in the heat doesn't make sense. ALL IMAGES ISTOCK PHOTOS

Extreme HIIT ... for average Joes

High-intensity interval training (or HIIT) has many benefits: Bursts of vigorous exercise (think squats and burpees) followed by brief rest periods can burn calories — fast. That's why we've seen the rise of workouts like CrossFit, and the Insanity and P90X DVD series. But along with the increase in popularity of these types of workouts has come an increase in injury, from slipped disks to torn rotator cuffs. According to a recent study published by The Journal of Strength and Conditioning Research, 16 per cent of CrossFit participants quit the program due to overuse or injury. At least it's good news for orthopedic surgeons.

Themed runs (that involve barbed wire)

Working out should be fun, and hey, who wouldn't be motivated to run faster when being chased by zombies? While themed workouts from Tough Mudder to colour runs (running through clouds of coloured cornstarch) can be motivating or push you

to challenge your endurance, any athletic endeavor that involves wading through ice water under barbed wire or being zapped by live wires is questionable. Perhaps next we'll start seeing live wires attached to treadmills so you'll get zapped if you're not running fast enough.

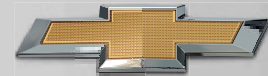
Hot weightlifting

Traditional weightlifting remains one of the best ways to build muscle. But one of the latest fads takes weightlifting to a new level — pumping iron in the heat. The concept behind Bikram yoga (where the temperature in the room is cranked to 40.6 C with a humidity of 40 per cent) is now being applied to everything from barre to spinning and weightlifting classes. But according to a recent study by the American Council on Exercise, turning up the heat doesn't actually burn extra calories. You just think you are, all the while risking dehydration and even heat stroke. If you like the heat, best to stick to Bikram.



Run from this trend.

CHEVROLET



CHEVY'S GIVING MORE

NEW! UP TO \$1,000 BOXING WEEK BONUS†

❄️ **EXTRA \$1,000 HOLIDAY BONUS CASH** FOR ELIGIBLE OWNERS**/¥¥

❄️ **COMPLIMENTARY OIL CHANGES** 2-YEAR/40,000 KM**

❄️ **SIGN & DRIVE LEASING** **\$0** FIRST MONTH'S PAYMENT. IT'S ON US! **\$0** DOWN PAYMENT **\$0** SECURITY DEPOSIT **\$0** DUE AT DELIVERY

2014 CRUZE LS



CRUZE LTZ SHOWN††

LEASE PAYMENT

\$83 @ 0%

BI-WEEKLY FOR 60 MONTHS*

\$0 DOWN PAYMENT. \$0 SECURITY DEPOSIT. TAXES NOT INCLUDED. OFFER INCLUDES FREIGHT, PDI & LEVIES.

INCLUDES:

- POWER LOCKS WITH REMOTE KEYLESS ENTRY
- POWER WINDOWS
- STABILITRAK®
- BEST-IN-CLASS SAFETY* WITH 10 AIRBAGS

PLUS UP TO \$500 BOXING WEEK BONUS

2014 TRAX LS



TRAX LTZ SHOWN††

LEASE PAYMENT

\$129 @ 1.9%

BI-WEEKLY FOR 48 MONTHS*

\$0 DOWN PAYMENT. \$0 SECURITY DEPOSIT. TAXES NOT INCLUDED. OFFER INCLUDES FREIGHT, PDI & LEVIES.

INCLUDES:

- TURBOCHARGED ECOTEC ENGINE
- BLUETOOTH® WITH USB
- POWER LOCKS WITH REMOTE KEYLESS ENTRY
- POWER WINDOWS

PLUS UP TO \$500 BOXING WEEK BONUS

2014 EQUINOX LS



EQUINOX LTZ FWD SHOWN††

LEASE PAYMENT

\$159 @ 0%

BI-WEEKLY FOR 48 MONTHS*

\$0 DOWN PAYMENT. \$0 SECURITY DEPOSIT. TAXES NOT INCLUDED. OFFER INCLUDES FREIGHT, PDI & LEVIES.

INCLUDES:

- BLUETOOTH® WITH USB
- 6-SPEED AUTOMATIC
- AIR CONDITIONING
- POWER LOCKS WITH REMOTE KEYLESS ENTRY
- POWER WINDOWS
- BEST-IN-CLASS REAR SEAT LEGROOM*

PLUS UP TO \$500 BOXING WEEK BONUS

ALL-NEW 2014 SILVERADO CREW CAB 4X4



SILVERADO LTZ CREW CAB 4X4 SHOWN††

LEASE PAYMENT

\$189 @ 1.5%

BI-WEEKLY FOR 36 MONTHS*

\$0 DOWN PAYMENT. \$0 SECURITY DEPOSIT. TAXES NOT INCLUDED. OFFER INCLUDES FREIGHT, PDI, LEVIES & \$3,500 CREDIT.*

AVAILABLE:

- MOST FUEL-EFFICIENT V8 IN A PICKUP, BETTER THAN FORD F-150 ECOBOOST V6 (COMBINED)^Δ
- MOST POWER IN A PICKUP: 420 HP, 460 LB-FT TORQUE*
- BEST MAXIMUM TOWING IN ITS CLASS: UP TO 12,000 LBS*
- HIGHEST POSSIBLE OVERALL VEHICLE SCORE FOR SAFETY – 5 STARS – FROM NHTSA^Δ

PLUS UP TO \$1,000 BOXING WEEK BONUS

HURRY, OFFERS END JANUARY 2ND.

TO GUARANTEE OUR QUALITY, WE BACK IT **160,000-KM/5-YEAR POWERTRAIN WARRANTY**
Whichever comes first. See dealer for limited warranty details.

VEHICLE PRICING IS NOW EASIER TO UNDERSTAND BECAUSE ALL OUR PRICES INCLUDE FREIGHT, PDI AND MANDATORY GOVERNMENT LEVIES. Prices do not include applicable taxes and PPSA. Consumers may be required to pay up to \$799 for Dealer fees.**

ONTARIOCHEVROLETDEALERS.COM



For the latest information, visit us at chevrolet.ca, drop by your local Chevrolet Dealer or call us at 1-800-GM-DRIVE. ▼Based on a 60/48/48/36 month lease for 2014 Chevrolet (Cruze LS 1SA/Trax LS FWD 1SA/Equinox LS FWD 1LS/Traverse LS FWD 1LS/Silverado 1500 Crew Cab 4WD 1WT+G80+830). Annual kilometre limit of 20,000 km, \$0.16 per excess kilometre. OAC by GM Financial. Monthly/Bi-Weekly payments may vary depending on down payment/trade. A down payment or trade of \$0 and/or \$0 security deposit is required. Total obligation is \$10,850/\$13,445/\$16,577/\$20,737/\$14,772. Option to purchase at lease end is \$6,686/\$7,915/\$11,198/\$15,748/\$20,304. Excess wear and tear and km charges not included. Other lease options available. *\$3,500 is a manufacturer to dealer delivery credit (tax exclusive) for 2014 Chevrolet Silverado 1500 Ext. & Crew Cab and is reflected in offers in this advertisement. Other cash credits available on most models. See dealer for details. ▼**/¥¥**Freight & PDI (\$1,500/\$1,500/\$1,500/\$1,500/\$1,500), registration, air and tire levies and DMV fees included. Insurance, licence, PPSA, dealer fees and applicable taxes not included. Offers apply as indicated to 2014 new or demonstrator models of the vehicle equipped as described. Offers apply to qualified retail customers in the Ontario Chevrolet Dealer Marketing Association area only (including Outaouais). Dealers are free to set individual prices. Quantities limited, dealer order or trade may be required. Limited time offers which may not be combined with other offers. GMCL may modify, extend or terminate offers in whole or in part at any time without notice. Conditions and limitations apply. See dealer for details. †Based on Ward'sAuto.com 2012 Upper Small segment, excluding Hybrid and Diesel powertrains. Standard 10 airbags, ABS, traction control and StabiliTrak®. @Bluetooth is a registered trademark of Bluetooth SIG Inc. •Comparison based on 2013 Polk segmentation: Compact SUV and latest competitive data available and based on the maximum legroom available. Excludes other GM brands. Δ2014 Silverado 1500 with the available 5.3L EcoTec3 V8 engine equipped with a 6-speed automatic transmission has a fuel consumption rating of 13.0L/100 km city, 8.7L/100 km highway and 11.0L/100 km combined 2WD and 13.3L/100 km city, 9.0L/100 km highway and 11.4L/100 km combined 4WD. Ford F-150 with the 3.5L EcoBoost V6 engine has a fuel consumption rating of 12.9L/100 km city, 9.0L/100 km highway and 11.1L/100 km combined 2WD and 14.1L/100 km city, 9.6L/100 km highway and 12.1L/100 km combined 4WD. Fuel consumption based on GM Testing in accordance with approved Transport Canada test methods. Your actual fuel consumption may vary. Comparison based on wardsauto.com 2013 Large Pickup segment and latest competitive data available. Excludes other GM vehicles. ♣When equipped with available 6.2L EcoTec3 V8 engine (available to order fall 2013). Class is Light-Duty Full-Size Pickups. →Requires 2WD Double or Crew Cab with available 6.2L EcoTec3 V8 engine and Max Trailering Package. Maximum trailer weight ratios are calculated assuming a base vehicle, except for any option(s) necessary to achieve the rating, plus driver. The weight of other optional equipment, passengers and cargo will reduce the maximum trailer weight your vehicle can tow. Comparison based on wardsauto.com 2013 Light-Duty Large Pickup segment and latest competitive data available. Excludes other GM vehicles. Class is Light-Duty Full-Size Pickups. O.U.S. government 5-Star Safety Ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (safercar.gov). ††2014 Cruze LTZ, MSRP with freight, PDI & levies \$28,489. 2014 Trax LTZ FWD, MSRP with freight, PDI & levies \$30,085. 2014 Equinox LTZ FWD, MSRP with freight, PDI & levies \$37,539. 2014 Traverse LTZ FWD, MSRP with freight, PDI & levies \$48,289. 2014 Silverado 1500 LTZ Crew Cab 4WD, MSRP \$51,379. Dealers are free to set individual prices. †Offer valid only to eligible retail lessees in Canada who have obtained credit approval by GM Financial, have entered into a lease agreement with GM Financial, and who accept delivery from October 1, 2013 through January 2, 2014 of a new eligible 2014 model. General Motors of Canada will pay the first month's lease payment (inclusive of taxes and any applicable pre-rate amount normally due at lease delivery as defined on the lease agreement). After the first month, lessee will be required to make all remaining scheduled payments over the remaining term of the lease agreement. This offer may not be redeemed for cash and may not be combined with certain other consumer incentives available on GM vehicles. The \$1,000 credit includes HST/GST/QST/PST as applicable by province. As part of the transaction, dealer will request current vehicle registration and/or insurance to prove ownership for the previous consecutive six months. GMCL reserves the right to amend or terminate this offer, in whole or in part, at any time without prior notice. Void where prohibited by law. Additional conditions and limitations apply. See dealer for details. **The 2-Year Scheduled Lube-Oil-Filter Maintenance Program provides eligible customers in Canada, who have purchased, leased or financed a new eligible 2014 MY Chevrolet, Buick, or GMC vehicle (excluding Spark EV), with an ACDelco oil and filter change, in accordance with the oil life monitoring system and the Owner's Manual, for 2 years or 40,000 kms, whichever occurs first, with a limit of four (4) Lube-Oil-Filter services in total, performed at participating GM Dealers. Fluid top offs, inspections, tire rotations, wheel alignments and balancing, etc. are not covered. This offer may not be redeemed for cash and may not be combined with certain other consumer incentives available on GM vehicles. General Motors of Canada Limited reserves the right to amend or terminate this offer, in whole or in part, at any time without prior notice. Additional conditions and limitations apply. See dealer for details. ¥Offer only valid from December 10, 2013 to January 2, 2014 (the "Program Period") to retail customers resident in Canada who own or are currently leasing a Chevrolet Aveo, Cobalt, Caprice, Cavalier, Cruze, Epica, Impala, Lumina, Malibu, Metro, Monte Carlo, Optra Sonic, Spark, Volt, Saturn Ion, Aura, Astra, L-Series, S-Series, Sky, that has been registered and insured in Canada in the customer's name for the previous consecutive six months, will receive a \$1,000 Holiday Bonus credit towards the lease, purchase or finance of an eligible new 2014 Chevrolet Sonic, Cruze, Malibu or Impala delivered during the Program Period. Eligible retail customers resident in Canada who own or are currently leasing a Chevrolet HHR, Equinox, Tracker, Uplander, Venture, Astro, Lumina APV, Blazer, Traverse, Trailblazer, Saturn Vue, Relay, Outlook, Pontiac Montana/SV6, Transport, Torrent, Aztek, Sunrunner, Buick Rendezvous, Terraza, Enclave, Rainier, Oldsmobile Silhouette, Bravada, GMC Safari, Jimmy, Terrain, Acadia or Envoy, that has been registered and insured in Canada in the customer's name for the previous consecutive six months, will receive a \$1,000 Holiday Bonus credit towards the lease, purchase or finance of an eligible new 2014 Chevrolet Trax, Equinox or Traverse delivered during the program period. Only one (1) credit may be applied per eligible vehicle sale. Offer is transferable to a family member living in the same household (proof of address required). This offer may not be redeemed for cash and may not be combined with certain other consumer incentives available on GM vehicles. The \$1,000 credit includes HST/GST/QST/PST as applicable by province. As part of the transaction, dealer will request current vehicle registration and/or insurance to prove ownership for the previous consecutive six months. GMCL reserves the right to amend or terminate this offer, in whole or in part, at any time without prior notice. Void where prohibited by law. Additional conditions and limitations apply. See your GM dealer for details. ¥Offer only valid from December 10, 2013 to January 2, 2014 (the "Program Period") to retail customers resident in Canada who take delivery of an eligible vehicle during the Program Period. Credit is a manufacturer to consumer incentive (tax inclusive) and credit value depends on model purchased or leased: \$500 Boxing Day Bonus credit valid on 2014 model year Chevrolet/Buick/GMC/Cadillac cars and crossovers; \$1,000 Boxing Day Bonus credit valid on 2014 model year Chevrolet Silverado or GMC Sierra; \$1,500 Boxing Day Bonus credit valid any 2013 model year Chevrolet/Buick/GMC/Cadillac vehicle. All products are subject to availability. This offer may not be redeemed for cash and may not be combined with certain other consumer incentives. GMCL reserves the right to amend or terminate this offer, in whole or in part, at any time without prior notice. Additional limitations and conditions apply. See your GM dealer for details.

I'll take a cold cerveza with that

Year of Mexican food.

You've been fooled long enough with cheesy dishes and store-bought salsa. Authentic Mexican is taking over — olé!



NUTRI-BITES
Theresa Albert
DHN, RNCPT
myfriendinfood.com

Remember when Mexican food meant cookie cutter platters of oddly coloured white rice with a bunch of stuff covered in cheese?

You may have gotten a bowl of pre-fab corn chips and bottled salsa instead of bread as an appetizer.

Luckily, 2013 saw the rise of true Mexican food. It showed up everywhere, from the very hip food truck culture running away with the foodie heart to the top end of just about every urban menu.

Some of the foods that we can't get enough include pulled pork, fish tacos and burritos. And you really haven't lived unless you've found churros with the caramel-like dulce de leche sauce. (Don't forget the side of tequila, which was the beverage of 2013.)

Real Mexican food is wholesome, and it varies across the country from fish-based seaside to tropical fruit interiors, but they all have three things in common: corn, chili peppers and beans. The Europeans added pork, chicken and tomatoes and North Americans topped it all off with some flair.

Taco night is no longer spice from a box mixed with ground beef and corn shells,



Mexican has gone beyond the smothered-in-cheese dishes. ISTOCK

although, they are certainly retro-welcome. Think broader.

Chicken

Toss a chicken in the slow cooker with one of the many creative jars of salsa on the market and cook all day. Pull chicken from the bones and serve with tostadas, artisan corn and wheat tortillas plus toppings like frozen corn simply roasted on a cookie sheet in the oven.

Cole Slaw

Think about a grated cole slaw mix instead of shredded lettuce. Top with cocoa nibs, any manner of chopped chilies and any combo of fresh herbs. Serve with fresh lime juice and soda water with muddled mint (go ahead add some tequila!)

Pulled Pork

Pulled pork couldn't be easier. The low and slow oven versions create the

best melt in your mouth recipes. Sauce options run the gamut from barbecue sauce to the chocolate and chili based mole sauce. This one pot wonder is the best crowd pleaser to come out of this Mexican trend. Pork shoulder or arm is an affordable (if fatty) cut that can't be ruined as long as you keep the oven temperature below 300 and the time at least an hour per pound.

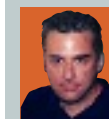
Churro Dip

Since churros are hard to find, must be fresh and deep frying is a pain (not to mention crazy unhealthy!)

Why not go with the classic churro dip: dulce de leche and forgo the donut? This sweet milk caramel sauce can be now purchased jarred but the quickie cheater recipe using only sweetened, condensed milk is ridiculously easy. Use it to drizzle onto vanilla pudding, fresh fruit

Wine of the Year

2011 Vintage Port



LIQUID ASSETS
Peter Rockwell
@therealwineguy
liquidassets@eastlink.ca

"I'm loading up on 2011 Vintage Port," says Peter Rockwell, Metro's expert for all things liquid. "Considered one of the best years in decades; all the big houses released a version this year. Dow's 2011 (\$79.49) is spectacular; and will age well into 2063."



or chocolate cookies and you are right on the Mexican trend. Which will, by the way, continue for a few more years... **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT WWW.MYFRIENDINFOOD.COM**

TAKE THE HASSLE OUT OF MOVING.

INTRODUCING ROGERS CONCIERGE™

- Get a dedicated agent to help you move your TV, Internet and Home Phone to your new home
- **FREE** to new and existing customers

CALL 1 855 420-5572
CLICK rogers.com/moving

LIVE LIKE NEVER BEFORE™





Canadians stuck with fairly traditional baby names this year, with Carter and Emma topping the lists. ISTOCK

A baby by any other name...

Traditional vs plain old weird. Some of the most popular names of the year came, not surprisingly, from celebrities



IT'S ALL RELATIVE
Kathy Buckworth
kathybuckworth.com

Every year, the most popular baby names list is announced, and I think most parents prefer not to see their child's name turn up there.

It might be because they want to "own" that name and be individual, or they are thinking about confusion in the classroom in later years.

I personally know about 117 Jennifers, clearly a No. 1 name in the '70s.

While I didn't name my kids to stand out, I didn't specifically choose names I hoped would be super popular either.

I'm a Kathy; growing up in the '60s and '70s there were always more than a few of us, even if some of them spelled it incorrectly with a C.

As for my husband, I think every second guy my age that I know has his name (Steve), including my own brother.

Steve has also been the name of choice for a monkey in both the movie Cloudy With a Chance of Meatballs, as well as in the Spot the Dog books, and even the titular hedge in

Top names of 2013

According to Canadian Living magazine, these were the top names for boys and girls this year.

Boys

1. Carter
2. Christopher
3. Hunter
4. Joseph
5. Joshua

Girls

1. Emma
2. Hailey
3. Isabella
4. Jada
5. Matilda



Kanye and Kim surprised the world when they named their baby girl North West. GETTY

the movie Over the Hedge.

My kids giggle at the thought of a newborn baby named Steve. "This is my new baby, STEVE." (Come on, that's funny.)

The top names in Canada for 2013 this year are Emma and Carter, according to Canadian Living Magazine.

Parents who have chosen these names will be well advised to order labels with their last initial tacked on, speaking from experience.

I don't see any real surprises

in the list (see fact box). While we run across the occasional unusual name, Canadians are fairly traditionalist.

Celebrities are scorned when they use unusual names (Apple, Blue Ivy, and Moon Unit) and lauded when they go with traditional names.

Two of the most famous babies born this year were William and Catherine's Prince George (which makes Canadians giggle, particularly those in northern B.C.), and Kim and Kanye's new reality

production, North.

I wish others had followed the pseudo-metaphor of the name and phrase North West.

Halle Berry couldn't have gone with either Straw or Blue?

It would have killed Toni Braxton to go with Hicks? (Only new moms will appreciate that one.)

For the record, my kids are Victoria, Alexander, Bridget and Nicholas. Not that Penny Buckworth wouldn't have been fun.

BAYSHORE FASHION FILE

BAYSHORE SHOPPING CENTRE ANSWERS YOUR FASHION & BEAUTY QUESTIONS.

Q: MY HUSBAND MADE THE EFFORT THIS YEAR BY PURCHASING NEW CLOTHES FOR ME FOR CHRISTMAS - BUT HE DIDN'T DO SO WELL IN GUESSING MY SIZE. I DON'T WANT TO TAKE THEM BACK RIGHT AWAY, BECAUSE I DON'T WANT TO HURT HIS FEELINGS... HOW LONG CAN I WAIT TO RETURN A PURCHASE MADE AROUND THE HOLIDAYS? - K.C.

A: Your husband sounds like a sweetheart! Return times vary from store to store, with most accepting returns up until January 10th. It is always best to check with each individual store for their return policy. Even if you miss the return deadline, many retailers will offer a credit note as long as the tags are still attached!

Q: I KEEP SHOES AT WORK UNDER MY DESK SO I CAN WEAR BOOTS OUTSIDE, BUT CHANGE MY FOOTWEAR WHEN I GET TO WORK. IS IT OK TO WEAR OPEN-TOED SHOES IN THE WINTER IF I'M ONLY WEARING THEM INSIDE, OR IS THIS A FASHION FAUX-PAS? - D.S.

A: Regardless of whether you are indoors or out, it is always best to dress appropriately for the season. Open-toed shoes are great for the warmer weather, but it would be best to stick to a closed toe for the winter months. Brown's shoes should be your first stop for some outstanding footwear - and with their Boxing Week Sale on now, you can save up to 70%!

Q: I'M STARTING A NEW JOB IN THE NEW YEAR, AND I NEED A WHOLE NEW WARDROBE! HOW CAN I GET ENOUGH NEW OUTFITS TO MAKE IT LOOK LIKE I'M NOT WEARING THE SAME THING OVER AND OVER WITHOUT BLOWING MY BUDGET? - N.E.

A: My suggestion would be to pick up a few great basics in a neutral colour. Go for a black suit with both pants and a skirt, and a simple black dress. As your budget permits you can add different tops and accessories to switch up the look. One day wear the suit jacket over the dress for a simple, classic look and another day wear the dress on its own, but with patterned tights and bold jewellery for an entirely different look! Zara, and Hudson's Bay both have a terrific array of business attire!

ANGIE RUSSELL | MARKETING DIRECTOR, BAYSHORE

HAVE A STYLE QUESTION? WRITE TO ANGIE!
YOU COULD WIN A \$100 BAYSHORE GIFT CARD!
BAYSHOREFASHIONFILE@METRONEWS.CA

NEW RETAILERS NOW OPEN!



WWW.BAYSHORESHOPPINGCENTRE.COM

f Bayshore Shopping Centre @bayshoreatlanta

Design darlings of 2013

Style gurus Steven Sabados and Chris Hyndman take a look back at the top home-decor trends of the past year, and find the standout themes included artful lighting, lived-in linen, warm gold and brass accents, and the rustic look of unfinished wood. For more chic decor ideas, watch Steven & Chris weekdays at 2 p.m. on CBC.



Emerald Green

Emerald green, Pantone's 2013 colour of the year, was eagerly and enthusiastically embraced by designers and consumers. From throw cushions to sofas and wall treatments, emerald green was undoubtedly this year's "it" colour. Emerald green is vibrant, radiant and lush and it's not surprising that its popularity also sparked a renewed interest in all things glam.

Gold and brass

This was the year many vintage favourites experienced a major comeback. Gold and brass, reminiscent of decades past, became a leading trend and surfaced anywhere from hardware finishes to decor accessories.

Gold flatware appeared on tabletops. Chrome no longer dominated kitchen and bathroom fixtures as gold and brass taps offered a warm metallic glow in the room. Brass and gold decor accents became increasingly sought after this year as the idea of mixing metallics grew in popularity.

You don't need to discard your existing finishes to incorporate brass and gold into your home decor, and that's a key factor in the success of this design trend.

Natural wood

Natural wood was the material of choice for many this year. Raw wood tables with no varnish or treatments went from being showroom darlings to standard household decor.

The versatility and durability of raw wood coupled with its natural patina over time



Natural wood was the material of choice for many this year, say Steven and Chris. Crate and Barrel's Big Sur Natural collection, which includes dining tables, benches and a sideboard, has a polished wax finish and emphasizes the innate character of the wood. For more details, see crateandbarrel.com. COURTESY CRATEANDBARREL.COM

make it a sensible and stylish solution for family living. The rustic look of natural unfinished wood has also been juxtaposed with cooler elements like chrome and glass in

more formal areas of the home.

Lighting as art

Lighting as a form of artwork became a popular concept this year. Form reigned over

function for most of this year's most desired light fixtures. In 2013, lighting made a statement in the room instead of just lighting it up. Over-scale light fixtures were also a big part of this trend. Chandeliers, pendants, sconces, table lamps and floor lamps have become key extensions of a room's style and personality.

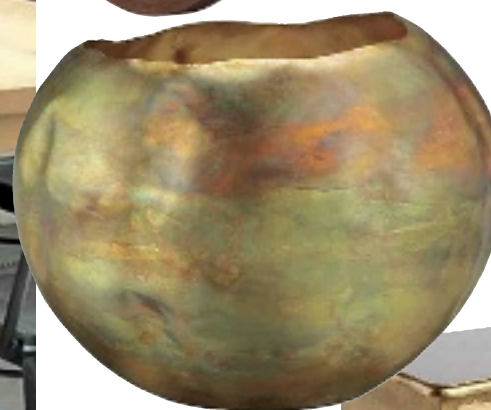
The lived-in look

In 2013, comfort was king with a big focus on natural fibres such as linen. The relaxed lived-in look was seen in many upholstered decor pieces such as casual wingback chairs and slipcovered sofas. Even drapery has moved away from traditional silk textiles to the more casual elegance of linen. The driving force of this trend is lifestyle and the move away from traditional formal choices to more liveable no-fuss options.

Lived-in comfort: Crate and Barrel's Jeremiah Jute Back Rocker features Belgian linen. See crateandbarrel.com for details.



Left, hand-shaped brass Loki Bowl, \$94, crateandbarrel.com; and below, Brass Leaf Side Table, \$189 US, urbanoutfitters.com.



Emerald, which was Pantone's 2013 colour of the year, showed up in a wide range of decor products including this Mohair Fringe Throw, \$199, from zarahome.com.



Boxing Week at
venus envy
It's our *biggest sale* of the year!
December 27th - 30th: **20% off**

*Sale does not apply to sale items, special orders, out of stock items, mail order, art, rugs or shoes.

venus envy
books. sex. health.

320 Lager Street. 613-789-4646.
To order: 877-370-9288 or www.venusenvy.ca

2013 styles with staying power

Looks that will last.

Thank the higher powers of haute couture for these five crazes that are willing to commit

LIZ
BEDDALL
Metro World News

Every year a handful of trends take hold of our lives, clutching to our closets with haste and hitting the bargain bin just as quickly. This year saw plenty of questionable clothing choices sashay down the streets, but among them were a few wardrobe wins that we guarantee won't be disappearing once the winter flurries die down. Here are five fabulous looks of 2013 that Metro knows you'll still find in the new year.



Box clutches



Rose gold



Advertisement

Germany's Most Popular Diet Program

Gives you noticeable results in just 14 Days

Want to look and feel great? The unique Almased formula is clinically tested to support proper nutrition and help in weight management when used in conjunction with a healthy habit of diet and exercise. While other dietary supplements often contain caffeine, ephedrine or other harmful stimulants, Almased® blends only fermented, non-GMO soy, yogurt and

honey, for a formula that allows the body to metabolize carbohydrates, fat and protein. You can also supplement your diet with Almased to maintain immune function and healthy skin and to help in the function of the thyroid gland. Over 10 years of scientific research shows that Almased® nourishes the body and is a factor in the maintenance of good health.

4 Ways Almased® works in the body

1. Helps the body to metabolize carbohydrates and fat.
2. Helps in weight management when used in conjunction with a healthy habit of diet and exercise.
3. Helps in the function of the thyroid gland.
4. Is an antioxidant for the maintenance of good health.



GLUTEN
FREE,
NON-
GMO

...simply
because it works

To find out what else Almased can do, download your free Figure Plan Guide at www.bikini-plan.com. ENTER SOURCE CODE **MOT**.

Available at these fine retailers and health food stores near you:

SHOPPERS DRUG MART



Rexall

Fitshop.ca

Fitness For Everyone.

Guardian WHITE CROSS DISPENSARY

nutrition house
Better Health. Live Here.

WWW.HEALTHSTORELOCATOR.COM



For retailer inquiries, please call True North Nutrition directly at toll free 1-888-446-8783.



Sports

An unlikely playoff run, sending off Alfie and welcoming the future of the Senators highlight Ottawa's tumultuous year in sports



The Senators' Erik Karlsson looks up at the clock as he skates off with Bobby Ryan, Kyle Turris, Patrick Wiercioch and Clarke MacArthur in Ottawa on Dec. 14. The team hopes they can repeat last year's unlikely playoff run, but it will be an uphill battle from this point. FRED CHARTRAND/THE CANADIAN PRESS

Pesky Sens make do with a motley crew



THE HOCKEY NEWS
Murray Pam
ottawa@metronews.ca

Just like the four seasons, 2013 for the Ottawa Senators can easily be separated into the four following distinct periods: Injuries, Pesky Sens, July 5 and Early Disappointment.

Injuries — Devastating ailments highlighted a 48-game season. While playing during the lockout, defenceman Jared Cowen suffered a torn hip labrum. After just five games No. 1 pivot Jason Spezza required back surgery. Two weeks later, reigning Norris Trophy winner Erik Karlsson had his Achilles' tendon sliced by the skate of the Penguins' Matt Cooke. Adding insult to injuries, Craig Anderson, the league's No. 1-ranked netminder in goals-against average and

save percentage, was lost for several weeks due to an ankle sprain.

Pesky Sens — Coach Paul MacLean embraced the challenge of managing a lineup without his key players. Using as many as eight rookies on a given night, the aptly dubbed "Pesky Sens" eked out a seventh-place finish in the Eastern Conference — earning a post-season date with the Canadiens. MacLean was acknowledged for his wizardry by claiming the Jack Adams Award.

The Senators upset their closest geographical rival in five memorable games. Eric Gryba's monstrous hit

on Lars Eller set the tone for the series, leading to a bitter war of words between MacLean and Montreal coach Michel Therrien.

Game 3 featured a hat trick by newcomer Jean-Gabriel Pageau, prompting refrains of "Pageau, Pageau, Pageau," mocking the Canadiens "Olé." The home crowd also witnessed a line brawl. Game 4 epitomized the Senators season. Down two in the third, the club evened the score with seconds remaining, then Kyle Turris won it in overtime. Although the team was no match for the Penguins in Round 2, it was a truly memorable season.

Grinding it out

"Using as many as eight rookies on a given night, the aptly dubbed 'Pesky-Sens' eked out a seventh-place finish in the Eastern Conference — earning a post-season date with the Canadiens."

July 5 — When Daniel Alfredsson scooped up the puck after his last game on home ice, fans had no idea it was the last time their beloved captain would don a Senators uniform. The 17-year veteran shocked the hockey world by signing with the Red Wings.

GM Bryan Murray responded quickly, inking free agent Clarke MacArthur. Later in the day, Murray acquired four-time 30-goal man Bobby Ryan in a blockbuster deal with the Ducks.

Early Disappointment — While Murray's additions have benefited the Senators, struggles at home have the team challenging for a wild-card spot rather than a top-three Atlantic Division position as expected. With the season half complete, the club still has an opportunity to make the playoffs, but it may have to rely on the failure of others.

Most-searched teams

Leafs Nation rules the Google roost

Not even the heartbreak of a Game 7 meltdown and a dispiriting 5-4 overtime loss during last season's playoffs appears to have deterred Maple Leafs fans from keeping tabs on their team.

At least not according to Google Canada's 2013 Zeitgeist report, which tracks trending search terms.

The Montreal Canadiens came in second, followed by the Ottawa Senators, the Edmonton Oilers and the Calgary Flames.

"We're a hockey-obsessed nation and the data totally backs it up," said Aaron Brindle of Google Canada.

Here are the teams that rounded out the rest of the top 10 most searched:

1. Toronto Maple Leafs
2. Montreal Canadiens
3. Ottawa Senators
4. Edmonton Oilers
5. Calgary Flames
6. Vancouver Canucks
7. Winnipeg Jets
8. Saskatchewan Roughriders
9. Toronto Raptors
10. Hamilton Tiger-Cats

TORSTAR NEWS SERVICE

The past year has produced several highs and many lows for Canadian teams and athletes. The following storylines grabbed our attention above all the others.

THE CANADIAN PRESS

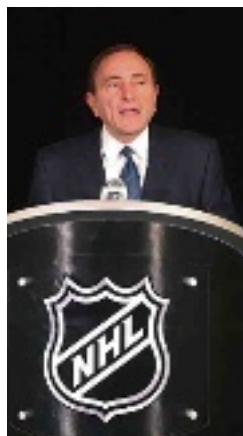
1 The end of the NHL lockout

Hockey fans rejoiced when the NHL and the NHL Players' Association reached a tentative deal to end the lockout in the early hours of Jan. 6.

The agreement was ratified by the board of governors three days later.

Just over five months later, the Chicago Blackhawks won their second Stanley Cup in four years.

Then in November, the league signed a massive new television deal with Rogers Communications worth \$5.2 billion over 12 years.



NHL commissioner Gary Bettman apologized for the tardy start of the season.

GETTY IMAGES



A season of disappointment

The Toronto Blue Jays came into 2013 as World Series favourites after a blockbuster off-season that included a 12-player megadeal with the Florida Marlins and the acquisition of reigning National League Cy Young winner R.A. Dickey.

But, though the city initially buzzed at the thought of meaningful September baseball for the first time since the team's championship years in 1992 and 1993, the campaign was a bust.

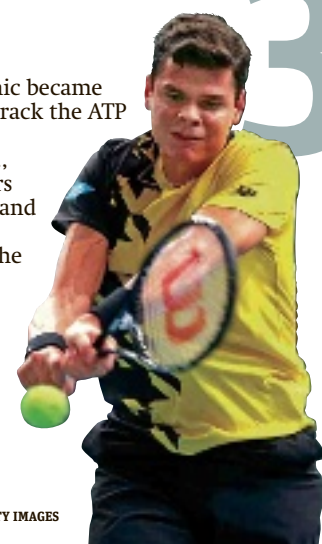
Brett Lawrie TORSTAR NEWS SERVICE

3 Raonic's rise

Tennis star Milos Raonic became the first Canadian to crack the ATP top-10 list.

The Thornhill, Ont., player made the Rogers Cup final in Montreal and was also instrumental in leading Canada to the Davis Cup semifinals.

Also making big gains on the court in 2013 were Vancouver's Vasek Pospisil and Montreal's Eugenie Bouchard, who both shot up the rankings.



Milos Raonic GETTY IMAGES



CFL double for Cornish

Calgary Stampeders running back Jon Cornish became the first Canadian in 35 years to win the CFL's most outstanding player award.

Cornish, who was also named the league's top Canadian for the second straight year, is the first Canuck to be named CFL MVP since Ottawa Rough Riders tight end Tony Gabriel in 1978.

Cornish finished the 2013 season with 1,813 yards rushing and 12 touchdowns.

Jon Cornish went on to win the 2013 Lou Marsh award as Canada's top athlete. THE CANADIAN PRESS

The top 8 sports stories of the year

Green crush

The Saskatchewan Roughriders became the third straight Grey Cup host to win the trophy, defeating the Hamilton Tiger-Cats 45-23 on Nov. 24.

The Riders won the 101st edition of the CFL championship in front of their rabid fans at Mosaic Stadium in Regina, with Kory Sheets rushing for a Grey Cup-record 197 yards and two touchdowns to help his team to just its fourth title.

"The one thing that led us to a dominant performance was that the fans were unreal," said Riders coach Corey Chamblin. "The whole (stadium) was green."



The Roughriders won the Grey Cup in Rider Nation. GETTY IMAGES



Anthony Bennett is greeted by NBA commissioner David Stern upon being drafted. GETTY IMAGES

Canadian hoops history

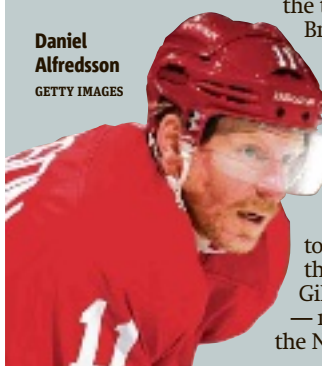
Anthony Bennett shocked many observers on June 27 when he became the first-ever Canadian to go No. 1 at the NBA draft, selected by the Cleveland Cavaliers.

"I'm just as surprised as everybody else," the Brampton, Ont., native said. Meanwhile, Vaughan, Ont.'s Andrew Wiggins was named the top high school player in the U.S.

A trio of hockey stunners

- The Toronto Maple Leafs made the playoffs for the first time since 2004 and looked set to advance to the second round when the wheels fell off in spectacular fashion. Toronto led Boston 4-1 with just over 11 minutes to go in the third period of Game 7. The Bruins won 5-4 in OT.

Daniel Alfredsson GETTY IMAGES



- Ottawa's beloved captain Daniel Alfredsson bolted from the Senators after 17 seasons to sign with the Detroit Red Wings.

- The Vancouver Canucks' goalie soap opera took an unexpected turn at the NHL draft when GM Mike Gillis traded Cory Schneider — not Roberto Luongo — to the New Jersey Devils.

GSP steps away

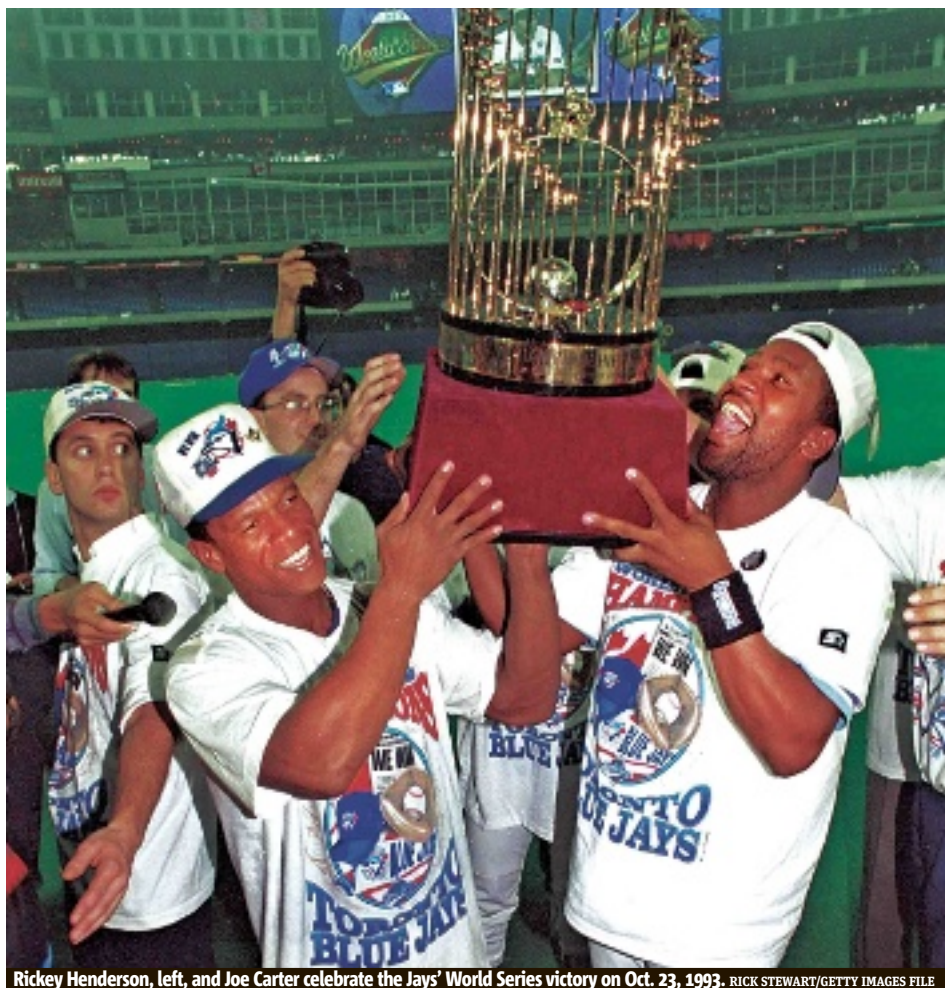
UFC welterweight champion Georges St-Pierre successfully defended his title twice in 2013.

But after a bruising and controversial split-decision victory over Johny Hendricks on Nov. 16, the Montreal fighter hinted at retirement in a cryptic post-fight interview in the cage that included a reference to unexplained personal issues and his need to step away from the sport.

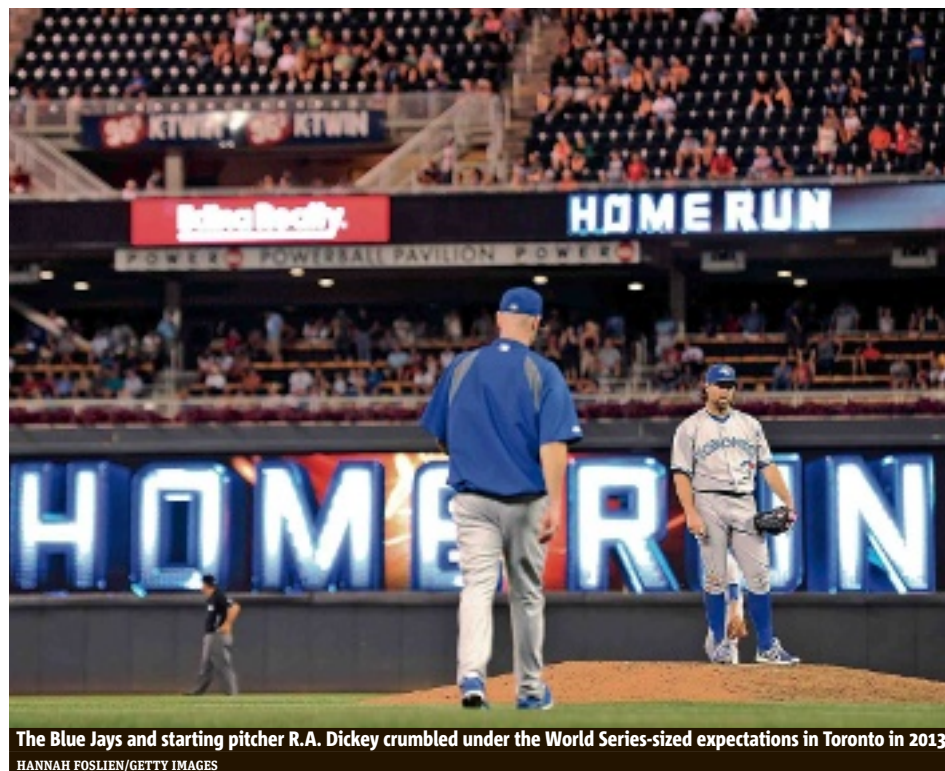
Then, on Dec. 13, St-Pierre vacated his title and announced an indefinite hiatus from the Octagon, citing the pressures of being champion.



Georges St-Pierre THE CANADIAN PRESS



Rickey Henderson, left, and Joe Carter celebrate the Jays' World Series victory on Oct. 23, 1993. RICK STEWART/GETTY IMAGES FILE



The Blue Jays and starting pitcher R.A. Dickey crumbled under the World Series-sized expectations in Toronto in 2013. HANNAH FOSLIEN/GETTY IMAGES

Answer to ending Blue Jays' playoff drought? It's Pat!



DAVE LANGFORD
dave.langford@metronews.ca

There is a wonderful piece of trivia surrounding legendary Blue Jays general manager Pat Gillick, and it goes like this.

After leading the Blue Jays to two World Series titles (1992, '93) and five division titles (1985, '89, '91, '92, '93), Gillick left the team in 1994.

And the Jays have not made the playoffs since.

In 1995, Gillick joined Baltimore as general manager and the Orioles made the playoffs in 1996 and '97. He left the team after his three-year contract ended.

The Orioles then went on a streak of 14 losing seasons before finally making the playoffs once in 2012.

Next, Gillick took his genius to Seattle where the Mariners made the playoffs in 2000 and 2001, the only time in their history they made the post-season in back-to-back seasons.

He left the team in 2003. And, yes, the Mariners have not made the playoffs since.

His next stop was Philadelphia where, as general manager, he led the Phillies to his third World Series championship. Now retired as GM,

The Jays' leaders in 2013

Wins: R.A. Dickey, 14
Strikeouts: R.A. Dickey, 177
Saves: Casey Janssen, 34
Batting average: Adam Lind, .288
Homers: Edwin Encarnacion, 36
RBI's: Encarnacion, 104
Hits: Encarnacion, 144

he continues to work for the Phillies as a senior advisor.

Meanwhile, the three teams he left behind have a grand total of one playoff appearance in 44 seasons.

And with the Blue Jays currently priding themselves on promotions such as Flashback Fridays, they need to bring back the most important person in their 36-year history — Lawrence Patrick David Gillick.

God knows they've tried everything else.

The team has just come off the most anticipated season since it last made the playoffs — and won the World Series — 20 years ago.

But the much-hyped 2013 was a disaster in every way.

It started with Opening Day

and never let up.

April 2 was the day a truly horrendous fielding catcher with some admitted pop in his bat talked manager John Gibbons and general manager Alex Anthopoulos into letting him catch a Cy Young-winning knuckleball pitcher the Jays had acquired in the off-season.

Before a crowd of 48,847 at the Rogers Centre, catcher J.P. Arencibia allowed three passed balls — should have been four but a wonky scorer decision saved him — and the Blue Jays, with R.A. Dickey on the mound, lost 4-1 to the Cleveland Indians.

Arencibia never caught Dickey again and batted .194 on the season in which he miraculously was allowed to have 474 at bats.

Yes, there were pitching challenges and injuries all season long, with starters in and out of the lineup, and the Shuffle Off to Buffalo theme song was the team's No. 1 hit.

But the tedious season in which the Jays finished last in the five-team division was essentially lost that day in April.

The only way to turn the franchise around is to bring back the Blue Jay legend, Pat Gillick. Even at the age of 76.

Sears+ GREAT CANADIAN CHILL
STOPPING KIDS CANCER COLD

STOP KIDS CANCER COLD

JANUARY 1st, 2014

NEW YEAR'S DAY AT BRITANNIA BEACH

REGISTER NOW @ THECHILL.CA

CHEO FOUNDATION

#ENDKIDSCANCER

Horoscopes

Aries

March 21 - April 20

You are on the threshold of a spectacular breakthrough. Which only goes to show that when you focus on a goal and follow up on it consistently, you can be a success. But don't get too full of yourself.

Taurus

April 21 - May 21

You need a change of direction and the planets will see that you get it. But don't worry. You will like what the next few weeks bring your way very much indeed.

Gemini

May 22 - June 21

You are who you are for a reason. If you stop wasting time fantasizing about who you would like to be and focus on doing a better job of who you are, you will soon be both successful and happy.

Cancer

June 22 - July 23

Your problems are not as bad as you think, so quit worrying. Cosmic activity in your opposite sign of Capricorn will bring relationship matters to a head over the weeks, but there is no need to panic. You'll survive.

Leo

July 24 - Aug. 23

You may be tempted to change something that has worked for years, but is that a good idea? There is every possibility that you will go too far and change things in a revolutionary rather than an evolutionary way.

Virgo

Aug. 24 - Sept. 23

Play to your strengths and don't let what others are doing affect you in any way. There are some things you do better than most and those are the things you should be focusing on.

Libra

Sept. 24 - Oct. 23

If you have been taking a loved one for granted, this could be a tricky day. Somehow you need to convince them that your feelings are still the same but it will take more than just words.

Scorpio

Oct. 24 - Nov. 22

Something important is about to happen and chances are you will enjoy it. Most likely it will have something to do with your social life, so get out into the world and smile big!

Sagittarius

Nov. 23 - Dec. 21

You may come into money over the next few days but it would be wrong to count on it to get you out of trouble. The only way you are going to improve your financial situation is to cut back on your commitments.

Capricorn

Dec. 22 - Jan. 20

As cosmic activity in your sign reaches a peak over the new year period, you'll have to deal with situations that in the past you've tried to avoid. The good news is solutions can be found, but you've got to act now.

Aquarius

Jan. 21 - Feb. 19

If your present approach to a problem is not working then clearly you need to tackle it from a different angle. Some people say you're too inflexible, too set in your ways to change. Prove them wrong.

Pisces

Feb. 20 - March 20

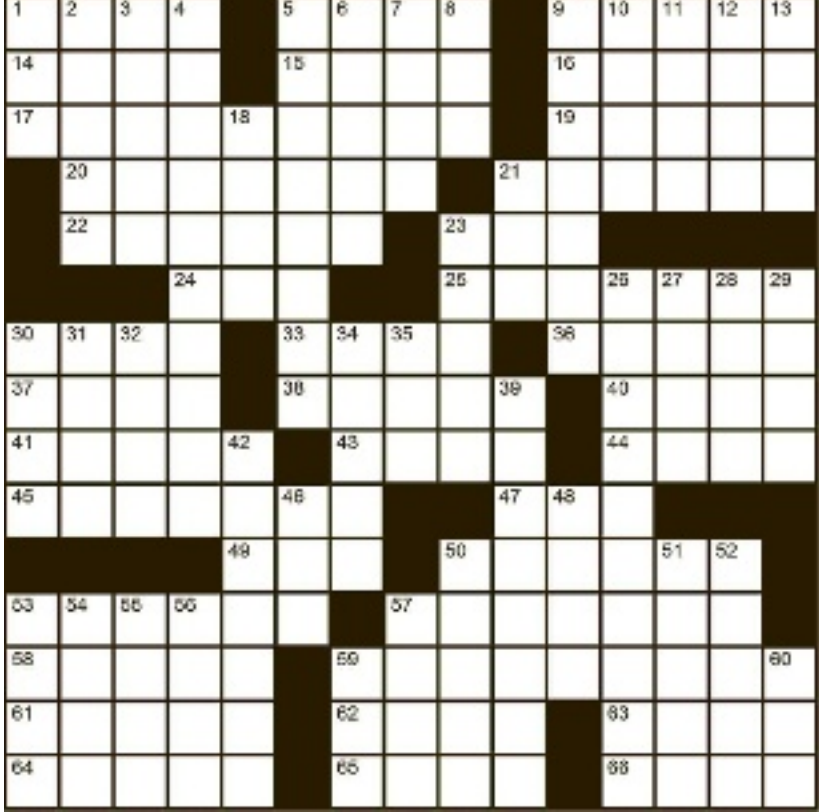
Pay attention to what loved ones tell you over the next 24 hours because they can see something that you missed. If you listen to what they say and act on their advice, it could save you trouble. SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. Pasta, e.g.
5. 17th Greek letters
9. Mother-of-pearl
14. ___ code
15. Nobleman
16. Once more
17. December 26th significance: 2 wds.
19. Rene of movies
20. Be drifting alone at sea ...but suddenly become joyfull: 2 wds.
21. Slightly adjusts
22. Accompaniment
23. Musical fifth note, variantly
24. Exclaimed "That hurts!", say
25. Shopping: Door-___ special
30. George Michael's '80s group!
33. Architect Mr. Saarinen
36. France's longest river
37. Rush
38. Pilotless aircraft
40. Gift Tag: To and

41. Nimbi
43. Prince of Wales' motto, Ich ___ (I Serve)
44. Dick Tracy's beloved, ___ Trueheart
45. '50s TV series about a Quebec family, "La famille ___"
47. Best, ___-rated
49. Fee-fi-fo-___
50. North or South, in The States



53. Neil Young song: 2 wds.
57. Subscriber's extension
58. Wickerworker's willow
59. Traditional pudding of Newfoundland: 2 wds.

61. Billy Bob Thornton flick, "The Man Who ___ There" (2001)
62. 'Myth' suffix
63. National Velvet author Ms. Bagnold
64. Tiffs
65. Foundation
66. Lines of travel, for

short

Down

1. Taxi
2. Sprang up
3. T. ___ (Some dinosaurs)
4. ___, Quebec (Former PM Brian Mulro-

- ney's birthplace)
5. Viewed as
6. "In case you ___ noticed..."
7. Toward the mouth
8. Slick
9. Arctic whale having a spiral tusk
10. Chill

11. House, in Havana
12. Board game
13. Biblical grandson
18. Sugar substitute, Sweet' ___
21. Maple Leafs, on scoreboards
23. Elegant biscuit
26. Ski slope surface sometimes: 2 wds.
27. Contract
28. God of love in Greek mythology
29. Sleep stages, commonly
30. Gift ___
31. Transport stuff
32. Prefix to 'phobia' (Fear of heights)
34. Canadian fashion designer Mr. Moralioglu
35. French queen's mate
39. Mire
42. Attempts
46. Amusing
48. ___-dokey
50. Manet painting contemporary
51. Razz
52. 1966 Michael Caine film
53. Awesomenesses!
54. Office request [acronym]
55. Marge's daughter
56. Prince Michael of ___ (Queen Elizabeth's cousin)
57. Costa ___
59. Taradiddle
60. Hose-using rescue units, for short

Dec. 24th's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Dec. 24's Sudoku



For more puzzles and games during the holidays, visit metronews.ca/games

visit metronews.ca



BOXING WEEK SALE

SALE ON NOW!

MORE GREAT DEALS IN-STORE!



WAS: \$1799.99
NOW: \$1399⁹⁹
FRENCH DOOR REFRIGERATOR
KFFS20EYMS
• 20 Cu. Ft. Capacity
• Produce Preserver
• Humidity-Controlled Crispers



WAS: \$2399.99
NOW: \$1699⁹⁹
SIDE-IN ELECTRIC RANGE
YKES900SS
• Even-Heat™ True Convection
• Enhanced self-clean cycle
• Touch-Activated Controls



WAS: \$899.99
NOW: \$649⁹⁹
DISHWASHER
KUDC10FXSS
• Fold-Down Row in Lower Rack
• Full Stainless Steel Tub
• Hard Food Disposer

KitchenAid®
FOR THE WAY IT'S MADE®



WAS: \$1999.99
NOW: \$1299⁹⁹
FRENCH DOOR REFRIGERATOR
PFSS2MIYSS
• 22.1 Cu. Ft. Capacity
• ClimateKeeper™ temperature management system
• Internal water and ice



WAS: \$2099.99
NOW: \$1999⁹⁹
FRENCH DOOR REFRIGERATOR
PFSS5RKZSS
• 25.1 Cu. Ft. Capacity
• Hide-away shelf
• Multi-level slide'n'store basket



WAS: \$1799.99
NOW: \$899⁹⁹
FREE-STANDING RANGE
PCB905SVSS
• 6.2 Cu. Ft. Capacity
• Precise air convection
• Self-Cleaning

GE Profile®



WASHER WAS: \$1299.99
DRYER WAS: \$1099.99
NOW: \$1799.99 /PAIR

WASHER **MAYTAG**
WPW88HEAC
• 5.0 Cu. Ft. Capacity
• Precision Dispense
• 6 Hour TumbleFresh™
• Cold Wash cycle
DRYER YWED88HEAC
• 7.4 Cu. Ft. Capacity
• Advanced Moisture Sensing
• Quick Refresh Steam Cycle



WASHER WAS: \$699.99
DRYER WAS: \$599.99
NOW: \$899.99 /PAIR

WASHER **Whirlpool®**
WTW5500BW
• 4.4 Cu. Ft. Capacity
• Precision Dispense
• 5 Adaptive Wash Actions
• Clean Washer Cycle with Affresh®
DRYER YWED5500BW
• 7.4 Cu. Ft. Capacity
• AccuDry™ Sensor Drying System
• Wrinkle Shield™ option

ANY 4 PCE
BEDROOM
20% OFF

CLEARANCE
ITEMS UP TO
75% OFF

DISCONTINUED
MATTRESSES
1/2 PRICE



Stressless®
The Innovators of comfort™

\$500 OFF SELECT STRESSLESS CHAIRS!



available in black,
brown, red or white

Reg price \$699⁹⁹
HOT BUY \$399⁹⁹



available in black,
brandy or white

Reg price \$699⁹⁹
HOT BUY \$399⁹⁹

DEZMO

BUY WITH CONFIDENCE



BBB
WILL ANDERSON
FROM THE FORTS
BENEFICIAL



CANADIAN
TIRE
CHOICE CANADIAN
WOMEN'S CHOICE



PROUDLY PRODUCED BY
CANADIAN MADE
100% CANADIAN



100%
CANADIAN
100% CANADIAN
100% CANADIAN



FAMILY OWNED
IN CANADA
SINCE 1955



PEOPLE'S CHOICE
2013
COMMUNITY CHOICE

prestige
HOME FURNISHINGS & APPLIANCE GALLERY

1344 Youville Drive, Orléans
613.824.3300
www.prestigefurniture.com
Like us! [f /prestigeorleans](#)



Hours of operation: Monday- Friday 10 a.m. – 8 p.m. || Saturday 10 a.m. – 5 p.m. || Sunday 11 a.m. – 5 p.m.

Limited quantities available. See sales associate for complete details.